

**BONUS
DOWNLOAD**



WEEKLY ***REVIEW***

A Personal Journal of
Reflection and Growth

WITH WENDY NICHOLSON

Weekly Review



Tips and strategies...

When we keep track of progress, we can be motivated to keep going.

The weekly reviews can be a tool to give you a snap-shot of your progress and what you are learning in the process.

Your weight loss journey is just that...a journey.

What we learn along the way will build our tool-kit to help us when we are maintaining the weight loss down the road.

You can have a goal of learning something new every week.

This helped me when I was losing the weight.

KEEP Going and you will reach your goals!

I'm cheering you on...

Wendy

- Print off the following page(s)...as many weeks as you plan on losing weight.



--To print in colour, select page 3



--To print in grayscale, select page 4

- Write down your weekly reviews
- And, get excited about what you want to do in following weeks.

Weekly Review

Date

Top 3 things I did this week...

Most rewarding interaction I had this week...

New Things I learned this week...

What was the best thing about the week?

Next week I want to...

Weekly Review

Date

Top 3 things I did this week...

Most rewarding interaction I had this week...

Things I accomplished this week...

What was the best thing about the week?

Next week I want to...
