

Start date: _____

End date: _____

WEEKLY HEALTH & ENERGY TRACKER

	M	T	W	T	F	S	S
<i>Meals & snacks</i>							
<i>Activity (type/mins)</i>							
<i>Sleep (Hrs/Quality)</i>							
<i>Energy score (out of 5)</i>							

Reflection on this week:

(complete the blanks)

My best sleep this week was..... and it made me feel.....

The activity I enjoyed the most this week was....., because afterwards I felt.....

I ate the most nutritious food on, and managed this by.....

Small changes for next week:

Identify 2 manageable changes for this week

1. Instead of, I will

2. Instead of, I will