Purpose of This Template

This is your **living record** of weekly system check-ins. It tracks:

- Alignment patterns
- System effectiveness
- Drift signals and improvements over time

It's a quiet but powerful way to build trust in your process.

How to Use It

At the end of each week (Friday or Sunday):

- Answer the weekly validation prompts (from 02 - 06 - 01)
- Fill out this log with a few bullet points or sentences
- Revisit every few weeks to spot patterns and refine your system

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Weekly Review Log Template

Week of: [Date]

Alignment Highlights:

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Misalignments or Drift Signals:

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System Tools Used:

- Shadow Planner

- Checklist Generator
- Drift Detector
- Energy Planner
- AI Prompts

What I'm Learning About My System:

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Small Adjustment for Next Week:

You can keep this as a running log in a journal, doc, or digital planner. What matters is *consistency* — not format.

Even 5 minutes a week builds insight over time.