**02 - 06 - 02 - Review Log Template**

**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

**Weekly Review Log Template**

**Week of:** [Date]

**Alignment Highlights:**

**Misalignments or Drift Signals:**

**System Tools Used:**

* Shadow Planner
* Checklist Generator
* Drift Detector
* Energy Planner
* AI Prompts

**What I’m Learning About My System:**

**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.