

FOUR-WEEK PROGRESS TRACKING CHART

MY GOAL: _____

Week 1

Day	Status	Notes
Monday	<input type="checkbox"/>	
Tuesday	<input type="checkbox"/>	
Wednesday	<input type="checkbox"/>	
Thursday	<input type="checkbox"/>	
Friday	<input type="checkbox"/>	
Saturday	<input type="checkbox"/>	
Sunday	<input type="checkbox"/>	

Weekly Notes: _____

END OF THE WEEK REVIEW QUESTIONS

Week 1

- What went well this week? _____
- What challenges did I face? _____
- What adjustments should I make next week? _____

Week 2

Day	Status	Notes
Monday	<input type="checkbox"/>	
Tuesday	<input type="checkbox"/>	
Wednesday	<input type="checkbox"/>	
Thursday	<input type="checkbox"/>	
Friday	<input type="checkbox"/>	
Saturday	<input type="checkbox"/>	
Sunday	<input type="checkbox"/>	

Weekly Notes: _____

END OF THE WEEK REVIEW QUESTIONS

Week 2

- What went well this week? _____
- What challenges did I face? _____

What adjustments should I make next week? _____

Week 3

Day	Status	Notes
Monday	<input type="checkbox"/>	
Tuesday	<input type="checkbox"/>	
Wednesday	<input type="checkbox"/>	
Thursday	<input type="checkbox"/>	
Friday	<input type="checkbox"/>	
Saturday	<input type="checkbox"/>	
Sunday	<input type="checkbox"/>	

Weekly Notes: _____

END OF THE WEEK REVIEW QUESTIONS

Week 3

- What went well this week? _____
- What challenges did I face? _____

What adjustments should I make next week? _____

Week 4

Day	Status	Notes
Monday	<input type="checkbox"/>	
Tuesday	<input type="checkbox"/>	
Wednesday	<input type="checkbox"/>	
Thursday	<input type="checkbox"/>	
Friday	<input type="checkbox"/>	
Saturday	<input type="checkbox"/>	
Sunday	<input type="checkbox"/>	

Weekly Notes: _____

END OF THE WEEK REVIEW QUESTIONS

Week 4

- What went well this week? _____
- What challenges did I face? _____
- What did I learn from this month of tracking? _____

MONTHLY PROGRESS SUMMARY

- Goal achievement level:
 - ☐ Exceeded
 - ☐ Met
 - ☐ Partially Met
 - ☐ Not Met
- Key insights: _____
- Next steps: _____