

Weekly Progress Log

Project 3: Personal Action | Standard 3.ESE.1-3

Name: _____

Date: _____

Week #: _____ **Dates:** _____ **to** _____

DAILY ACTIONS COMPLETED:

Monday: ☐ Action 1 ☐ Action 2 ☐ Action 3

Tuesday: ☐ Action 1 ☐ Action 2 ☐ Action 3

Wednesday: ☐ Action 1 ☐ Action 2 ☐ Action 3

Thursday: ☐ Action 1 ☐ Action 2 ☐ Action 3

Friday: ☐ Action 1 ☐ Action 2 ☐ Action 3

Saturday: ☐ Action 1 ☐ Action 2 ☐ Action 3

Sunday: ☐ Action 1 ☐ Action 2 ☐ Action 3

WEEKLY ACTIONS COMPLETED:

DATA COLLECTED THIS WEEK:

CHALLENGES THIS WEEK:

SUCCESSSES THIS WEEK:

HOW I FELT ABOUT MY ACTION THIS WEEK:

☐ Great ☐ Okay ☐ Difficult (circle one)

NOTES:
