



## Reflections: How Did I Do?

For the week of:

Did I meet my fitness goal(s)? If no, why not?

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Did I meet my nutrition goal(s)? If no, why not?

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Did I meet my spiritual goal(s)? If no, why not?

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Take a few minutes to reflect on this week. Be honest with how you feel about yourself, the progress you're making, and what unhealthy habits you're still holding onto. Even if it was a rough week, find at least one healthy thing you did, and allow yourself to feel good about accomplishing this. Reaffirm to yourself that you are "wonderfully made," and are worth the time and effort to become the best you can be.

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