

4 Week Planner



Week 1

✓ Weekly Goals

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
morning							
afternoon							
evening							

✓ Weekly Reflection

Reflection Notes:

How did this week go for you?

Completed all planned activities: Yes ☐ No ☐ Some ☐

Struggled with some activities: Yes ☐ No ☐

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Week 2

✓ Weekly Goals

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
morning							
afternoon							
evening							

✓ Weekly Reflection

How did this week go for you?

Reflection Notes:

Completed all planned activities: Yes ☐ No ☐ Some ☐

Struggled with some activities: Yes ☐ No ☐

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Week 3

✓ Weekly Goals

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
morning							
afternoon							
evening							

✓ Weekly Reflection

Reflection Notes:

How did this week go for you?

Completed all planned activities: Yes ☐ No ☐ Some ☐

Struggled with some activities: Yes ☐ No ☐

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Week 4

✓ Weekly Goals

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
morning							
afternoon							
evening							

✓ Weekly Reflection

How did this week go for you?

Reflection Notes:

Completed all planned activities: Yes ☐ No ☐ Some ☐

Struggled with some activities: Yes ☐ No ☐

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Notes

✓ Monthly Reflection

Fill in the graph according to your weekly reflections. Mark each week's overall success on the graph to track your progress over the month.

5

4

3

2

1

level of
success

Week 1

Week 2

Week 3

Week 4

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Notes

✓ Monthly Reflection

Fill in the graph according to your weekly reflections. Mark each week's overall success on the graph to track your progress over the month.

5	☐	☐	☐	☐
4	☐	☐	☐	☐
3	☐	☐	☐	☐
2	☐	☐	☐	☐
1	☐	☐	☐	☐
level of success	Week 1	Week 2	Week 3	Week 4