

WEEKLY SUCCESS JOURNAL FOR HEALTHY HABITS

Tick or measure your weekly achievements. Try to find something in each of the three main groupings, including any observations about what approaches or strategies worked for you.

Week beginning: _____

		Day	Achievement	What Worked For Me
PHYSICAL PROGRESS	Personal bests (eg distance, speed, reps, weight resisted, endurance)			
	Body changes (eg appearance in mirror, clothes size, belt holes, buttons gaping less)			
	Relative improvements (compared to training partner or in group activities)			
	Daily energy and strength changes (eg ease in climbing stairs, carrying children, wellbeing)			
BEHAVIOUR CHANGES	Cumulative activity (minutes of activity, distances, steps etc)			
	Something new (choosing active options, new training activity)			
	Commitments made or honoured (eg a team, event or training partnership)			
	Obstacles or excuses overcome (eg weather, no time, mood, tiredness, distraction)			
ATTITUDE SHIFTS	Lessons learnt (what works best for you, how far can you challenge yourself, genuine versus imagined limitations)			
	Positive changes (eg sleeping patterns, stress levels, or moods)			
	Enjoyment or satisfaction (achieved, sustained)			
WHAT ELSE?	Any other measures of your success (eg from fitness, medical, or weight loss reviews)			