



**NAME:** \_\_\_\_\_ **WEEK:** 1 2 3 4 5 6

Specifically for **THIS WEEK**, please share with us:

**1 CHALLENGE** What was particularly hard or surprising? \_\_\_\_\_

---

---

**1 VICTORY** Something you learned or count as a win! \_\_\_\_\_

---

---

Rank how **YOU** have **FELT** during your workouts: 1 2 3 4 5

1 = Terrible | Awful | Miserable thru 5 = Incredible | So Strong | Best Ever!

**GENERAL REFLECTION** Expand on the above, &/or also consider your mental, physical, & emotional state. Are you sleeping better? Energy? Stress? Was this week relatively easy or hard? Other thoughts, considerations, comments?

---

---

---

---

---

---

---



**NAME:** \_\_\_\_\_ **WEEK:** 1 2 3 4 5 6

Specifically for **THIS WEEK**, please share with us:

**1 CHALLENGE** What was particularly hard or surprising? \_\_\_\_\_

---

---

**1 VICTORY** Something you learned or count as a win! \_\_\_\_\_

---

---

Rank how **YOU** have **FELT** during your workouts: 1 2 3 4 5

1 = Terrible | Awful | Miserable thru 5 = Incredible | So Strong | Best Ever!

**GENERAL REFLECTION** Expand on the above, &/or also consider your mental, physical, & emotional state. Are you sleeping better? Energy? Stress? Was this week relatively easy or hard? Other thoughts, considerations, comments?

---

---

---

---

---

---

---