SARAH CATTERSON COACHING

WEEKLY CHECK

	Food on Plan	Water	Steps	Workout	Sleep	Stress Managed
Monday	☐	☐	☐	☐	☐	☐
Tuesday	☐	☐	☐	☐	☐	☐
Wednesday	☐	☐	☐	☐	☐	☐
Thursday	☐	☐	☐	☐	☐	☐
Friday	☐	☐	☐	☐	☐	☐
Saturday	☐	☐	☐	☐	☐	☐
Sunday	☐	☐	☐	☐	☐	☐