

PROGRESS AND PURPOSE TRACKER

Use this section to track both your progress (what you've accomplished) and your purpose (why it matters).

Weekly Check-In

Date _____

Progress Made _____

Connection to Purpose _____

Adjustments Needed _____

Reflection:

Am I making progress? What evidence do I have?

Is my purpose for this change still meaningful? How?

Which zone am I in?

- Check-out (no progress, no purpose)
- Burn-out (progress without purpose)
- Freak-out (purpose without progress)
- Flow (progress with purpose)

ACCOUNTABILITY COMMITMENTS

I commit to checking in with my accountability partner on these dates:

If I miss a scheduled check-in, I will:

If I miss my target behaviour for three consecutive days, I will:

My accountability partner can support me best by:
