

## Wellness Follow-Up Worksheet

Name: \_\_\_\_\_

Week #: \_\_\_\_\_

Last week, I chose to focus on \_\_\_\_\_

My rating went from # \_\_\_\_\_ to # \_\_\_\_\_

What I accomplished and my thoughts about it: \_\_\_\_\_

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Last week, I chose to focus on \_\_\_\_\_

My rating went from # \_\_\_\_\_ to # \_\_\_\_\_

What I accomplished and my thoughts about it: \_\_\_\_\_

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Last week, I chose to focus on \_\_\_\_\_

My rating went from # \_\_\_\_\_ to # \_\_\_\_\_

What I accomplished and my thoughts about it: \_\_\_\_\_

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This week, I choose to focus on: \_\_\_\_\_

If I were a “10” in this, I \_\_\_\_\_

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The small step(s) I will take this week is \_\_\_\_\_

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This week, I choose to focus on: \_\_\_\_\_

If I were a “10” in this, I \_\_\_\_\_

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The small step(s) I will take this week is \_\_\_\_\_

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Donna will know I have done this (or these things) because \_\_\_\_\_

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If I don't follow through, I expect Donna to \_\_\_\_\_

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After doing this for a week, I will reward myself by \_\_\_\_\_

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