

# Weekly Check-In: Exercise and Nutrition



**Name \***

**Date \***



First Name

Last Name

Month Day Year

**Email \***

example@example.com

**Did you have a weekly goal, and if so, did you meet it? \***

**Do you have a goal for the upcoming week? \***

**How well did you follow your exercise program since your last check in? \***

**What contributed to how well you followed your exercise program? \***

**If you didn't follow your program well, what can be done differently next week for you to succeed?  
Does your program need to be altered in order to succeed, or is it realistic for you?**

**How many workouts did you do this week? \***

**Did you do any exercise or activity outside of your normal workout routine? \***

**How did you feel during exercise? \***

**How did you feel after exercise? \***

**How well did you do with your nutrition plan this week? \***

**If you have a body composition goal, do you feel you made progress towards it this week? \***

**How do you feel your relationship with food is? \***

**How was your energy through the week? \***

**How were your stress levels through the week? \***

1 2 3 4 5 6 7 8 9 10

Worst

Best

**How much sleep did you get, and of what quality? \***

**Is there any other questions you would like to ask, answers you would like to expand on, or feedback you'd like to provide?**