

Weekly Reflection Page

Use this page at the end of each week to review patterns, progress, and opportunities for change. It's a space to pause, reflect, and realign your wellness journey.

What went well this week?	
What challenges did I face?	
Which symptoms improved?	
Which symptoms worsened?	
What seemed to trigger discomfort or stress?	
What practices or routines helped me most?	
What's my focus or intention for next week?	

