

Worksheet # 6: Weekly Evaluation

PHYSICAL:

Average Daily Calorie Intake: _____

Average Daily Protein Intake: _____

Average Time Spent Daily in Physical Activity: _____

Average Hours Slept per Night: _____

Overall, how well were you able to keep on track in meeting your daily physical goals?

What corrections, if any, do you need to make next week to contribute to better physical health?

MENTAL/EMOTIONAL:

Book(s) Read: _____

Overall, how would you rate your Mental and Emotional Health this past week? (circle those that apply)

Calm	Anxious	Positive	Negative
Encouraged	Discouraged	Hopeful	Frustrated
Joyful	Sad	Angry	Disappointed

What actions did you take, or fail to take, that you would identify contributed to your overall mental and emotional state for the week?

What corrections, if any, do you need to make next week to contribute to better overall mental and emotional health?

SPIRITUAL:

Average Daily Time Spent in Prayer: _____

Prayers Answered:

Average Daily Time Spent in Bible Study: _____

Insights Gained:

SOCIAL:

What positive interactions did you have this week, and what contributed to those interactions being positive?

What negative interactions did you have this week, and what contributed to those interactions being negative?

What corrections, if any, do you need to make next week to improve your social interactions?

TIME LOG – DAILY AVERAGES

Personal Investment Time	____ hrs
Interpersonal Investment Time	____ hrs
Productive Time	____ hrs
Wasted Time	____ hrs
Family Time	____ hrs
Screen Time	____ hrs

What corrections, if any, need to be made to make better use of your time next week?

FINANCIAL LOG

Money Spent: _____ Money Earned: _____

+/- _____

What changes, if any, need to be made to improve your financial position next week?

What victories did you achieve this week, and what actions do you need to continue to take that will enable you to persist in victory in those areas?

What defeats did you experience this week, and what actions do you need to start or stop taking in order to prevent those defeats from occurring again?
