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Weekly Reset System **For Busy Women**

Weekly Reset Tracker

Kiera Laeka

WEEKLY RESET TRACKER

WEEK OF:

01 THIS WEEK'S INTENTION

MY WORD FOR THE WEEK

THIS WEEK I'M FOCUSED ON...

I'M LETTING GO OF...

02 MOVEMENT PLAN

WORKOUT DAYS THIS WEEK

MON

☐

TUE

☐

WED

☐

THU

☐

FRI

☐

SAT

☐

SUN

☐

MY MOVEMENT GOAL / TYPE

03 HABITS TO PROTECT

THE 3 THINGS I'M NOT NEGOTIATING ON

1

2

3

SUNDAY CHECK-IN

Reflect. Reset. Keep going.

04

MY WINS THIS WEEK

WHAT I SHOWED UP FOR (EVEN ON THE HARD DAYS)

05

HONEST CHECK-IN

HOW I FEEL ABOUT THIS WEEK

☐

Thriving

☐

Steady

☐

Surviving

☐

Resetting

WHAT WORKED THIS WEEK?

WHAT AM I CARRYING INTO NEXT WEEK?

06

MY RESET AFFIRMATION

GOING INTO NEXT WEEK, I REMIND MYSELF...

*"You don't have to be perfect.
You just have to keep going."*

— Kiera Laeka