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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

# FRIDAY 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