

New Year's Resolution Weekly Checklist

Date:

	Target	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Achieved
Drink 8 Glasses of Water	/7								/7
No Chocolate	/7								/7
No Crisps	/7								/7
No Alcohol	/7								/7
No Take Away Food	/7								/7
Eat Breakfast	/7								/7
Take Own Lunch To Work	/7								/7
Cooked Dinner From Scratch	/7								/7
Walk 10,000 steps	/7								/7
Sleep for 8 hours	/7								/7
Follow Savings Plan	/7								/7
Didn't Waste Money	/7								/7
Write a Gratitude List	/7								/7
Visit Family or Friends	/7								/7
Go To A Class	/7								/7
Spend 15 Minutes Decluttering	/7								/7
Spend 30 Minutes Housework	/7								/7
Read a Book or Magazine	/7								/7
Spend 5 to 30 minutes on Self Care Activity	/7								/7

Set your weekly target

Tick the box when you have completed the activity.

Some activities might be done once or a few times a week.

At the end of the week you will see how well you have done with sticking to your resolutions.

Print a new sheet each week.

zenas-suitcase.co.uk