

The weekly review workbook

Turn records into one clear next action.

01 / Understand the starting point

Review your planned week beside the completed sessions and meals. Completion is useful information, but the reason a session was missed often matters more than the percentage.

02 / Make the useful distinction

Write one win, one barrier and one recovery observation. Include energy and normal daily function rather than using body weight as the only measure of progress.

03 / Put it into practice

Choose one change for the next week. It might be a shorter session, an easier shopping routine or a protected bedtime. Changing everything makes it hard to learn what helped.

04 / Review and adapt

Keep the previous version of the plan in your notes. Review again after enough opportunities to use the change, and keep the simplest version that works.

Original education and planning material. Sources support the general context; sample schedules and worksheets are editorial applications, not tested individual prescriptions.

Put the guide to work.

A worked example, then your own next step.

A practical example

Barrier: Thursday workout collided with a recurring meeting. Adjustment: move the anchor to Wednesday and prepare equipment Tuesday night. Keep the program exercises unchanged to compare performance.

Your decisions

What task or goal do I want to improve?

What is my starting point and what remains uncertain?

Which detail changes my next useful action?

What would make the action easier to repeat?

When will I review it, and what would require earlier help?

Use the platform

Training: compare programs and technique guides. Daily: generate a session or arrange a week. Planner: calculate targets and select meals. Progress: record completed work. Learn: return to clinical reading when symptoms need professional assessment.

Your working record.

Printable worksheet; use the companion CSV for an editable version.

Week beginning	Win	Barrier and cause	One next action	Review date

Evidence and original clinical reading

<https://www.who.int/news-room/fact-sheets/detail/physical-activity>

This original workbook is free to keep and use. The source provides background reading; examples are practical frameworks to adapt. Individual medical and nutrition needs require suitable professional advice.