

Weekly Progress Review

An original AtomicHabitsPDF.com resource. Not affiliated with James Clear or the publisher of Atomic Habits, and not a copy of the original book.

Week of: _____

Which habits did I actually keep this week?

What made the easiest day easy?

What made the hardest day hard?

One thing to adjust next week (cue, size or timing):

My one focus for next week:

Independently created by AtomicHabitsPDF.com. Not an official Atomic Habits or James Clear product.
atomichabitspdf.com