



THE GOAL WEIGHT PROJECT

Your Weekly Reset.

A little planning. Room to adjust.

Week of _____

Start with what feels manageable.

01 One small habit

This week, I want to make room for:

One thing that would make it easier:

02 Meals that fit my week

Plan a meal, a snack, or a backup for the days that need it.

Day	Meal or snack idea	Busy day / make it easier
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		

An easy backup to keep on hand:

03 A small win

What helped or felt a little easier?

04 Next week, I can adjust...

What could make the week more manageable?

Small habits. Stronger days.

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