

[Your Name] — Monthly Check-In

[Month Year] (For [Prior Month] Review)

Overall

[2–4 sentence scan of the month — what shaped it, what was hard, what improved, and how things are landing heading into next month.]

Overall: [Grade] | [One-line theme]

Highlights	Opportunities
[Highlight 1] [Highlight 2] [Highlight 3] [Highlight 4]	[Opportunity 1] [Opportunity 2] [Opportunity 3] [Opportunity 4]

Financial

- [Note on spending, income, or notable financial events]
- [Note on savings, debt, or budget shifts]
- [Outlook or plan for next month]

Health & Wellness

- [Note on sleep, energy, or stress levels]
- [Note on nutrition or recovery]
- [Any physical or mental health notes worth tracking]

Personal Progress

- [Note on a specific goal, hobby, or pursuit (e.g., fitness, a project, a skill)]
- [What's helping or getting in the way]
- [Adjustment planned for next month]

Other

- [Anything else worth capturing — work, family, travel, big events]

[Next Month] Focus Areas / Goals

- [Goal or intention 1]
- [Goal or intention 2]
- [Goal or intention 3]