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SIX MONTH PROGRESS REVIEW

A written look-back practice. Compare trends across several dimensions rather than judging yourself by one number.

Name:

Review date:

Six-month mark starting from:

Review #:

Dimension 1: The Metrics

Trends matter more than single points.

HRV

Six months ago

Today

Resting heart rate

Six months ago

Today

Sleep score / quality

Six months ago

Today

Weight / body composition

Six months ago

Today

Blood pressure

Six months ago

Today

Key lab value 1

Six months ago

Today

Key lab value 2

Six months ago

Today

Key lab value 3

Six months ago

Today

Other

Six months ago

Today

What trends do I notice?

Privacy reminder: This worksheet may contain private health information. Store it securely and share it only as appropriate.

FIVE DIMENSIONS

SIX MONTH PROGRESS REVIEW

Dimension 2: Energy and Function

How is your energy, strength, mobility, recovery, or ability to do daily life different?

Dimension 3: Knowledge

What do you understand now that you were guessing about before? What questions do you now know to ask?

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FIVE DIMENSIONS

SIX MONTH PROGRESS REVIEW

Dimension 4: Behavior

What habits did you add, drop, or change? What has become automatic?

Dimension 5: Relationship With My Health

How has your mindset, confidence, self-advocacy, or ability to recover from setbacks changed?

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SYNTHESIZE AND LOOK FORWARD

SIX MONTH PROGRESS REVIEW

What has actually changed?

My honest six-month progress summary:

Non-scale victories worth noticing

- ☐ I kept an appointment I had been putting off.
- ☐ I asked a question I would not have known to ask before.
- ☐ I got back on track after drifting instead of giving up.
- ☐ I caught a pattern, symptom, or number earlier.
- ☐ I understand a medication or lab result better.
- ☐ A health-supporting habit has become more automatic.
- ☐ I had an important health conversation.
- ☐ I questioned or appealed a coverage decision.
- ☐ I trusted my instincts and sought clarification.
- ☐ I chose rest when rest was the wiser choice.
- ☐ I am still paying attention and taking charge.

Looking forward

The one area I most want to focus on next:

One specific thing I want to be able to say six months from now:

The first small action I will take:

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