# Weekly Work-Life Balance Tracker

Use this tracker to reflect on your work-life balance each day. Tick off what went well, note any struggles, and use your insights to adjust your boundaries next week.

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| Day | Clocked Off On Time? | Took Proper Breaks? | Switched Off Mentally? |
| Monday |  |  |  |
| Tuesday |  |  |  |
| Wednesday |  |  |  |
| Thursday |  |  |  |
| Friday |  |  |  |
| Saturday |  |  |  |
| Sunday |  |  |  |

Weekly Reflection:

- What went well this week?

- What boundary did I find hard to stick to?

- What will I do differently next week?