

## 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.

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?