MY WEEK OF GROWTH

Teen daily progress tracker | Small steps count. Progress is not perfection.

Name / initials: _____ **Week of:** _____

How to use this worksheet

- Complete one daily page each evening (about 5-10 minutes).
- Give each area a score from 1 to 5, then record one action, effort, or need.
- 1 = Hard day | 2 = Struggled | 3 = Okay | 4 = Good progress | 5 = Great progress
- You may skip questions you are not ready to answer and discuss them with your therapist.

The seven areas

Self-care

Rest, hygiene, emotional regulation, boundaries, downtime.

Spiritual / values

Prayer, reflection, mindfulness, meaning, or personal values; optional.

Academic

Attendance, assignments, studying, asking for help, learning.

Physical health

Sleep, food, hydration, movement, and body care.

Social

Friendships, group activities, belonging, healthy connection.

Interpersonal

Communication, respect, conflict repair, family relationships.

Career / future

Interests, skills, volunteering, job readiness, future exploration.

My goal for this week:

One supportive person I can talk with:

MONDAY CHECK-IN

Date: _____ | Today I will notice effort, not just outcomes.

Mood right now: ☐ Low ☐ Stressed ☐ Okay ☐ Good ☐ Great

Energy level: ☐ Very low ☐ Low ☐ Medium ☐ High

RATE YOUR DAILY PROGRESS

Circle one number per row (1 = hard day, 5 = great progress). Then note your effort.

Self-care
1 2 3 4 5
Today I did / tried / needed: _____

Spiritual / values
1 2 3 4 5
Today I did / tried / needed: _____

Academic
1 2 3 4 5
Today I did / tried / needed: _____

Physical health
1 2 3 4 5
Today I did / tried / needed: _____

Social
1 2 3 4 5
Today I did / tried / needed: _____

Interpersonal
1 2 3 4 5
Today I did / tried / needed: _____

Career / future
1 2 3 4 5
Today I did / tried / needed: _____

One thing I am proud of today:

_____

A challenge I faced and what helped (or might help):

_____

A small step I want to take tomorrow:

_____

TUESDAY CHECK-IN

Date: _____ | Today I will notice effort, not just outcomes.

Mood right now: ☐ Low ☐ Stressed ☐ Okay ☐ Good ☐ Great

Energy level: ☐ Very low ☐ Low ☐ Medium ☐ High

RATE YOUR DAILY PROGRESS

Circle one number per row (1 = hard day, 5 = great progress). Then note your effort.

Self-care
1 2 3 4 5

Today I did / tried / needed:

Spiritual / values
1 2 3 4 5

Today I did / tried / needed:

Academic
1 2 3 4 5

Today I did / tried / needed:

Physical health
1 2 3 4 5

Today I did / tried / needed:

Social
1 2 3 4 5

Today I did / tried / needed:

Interpersonal
1 2 3 4 5

Today I did / tried / needed:

Career / future
1 2 3 4 5

Today I did / tried / needed:

One thing I am proud of today:

A challenge I faced and what helped (or might help):

A small step I want to take tomorrow:

WEDNESDAY CHECK-IN

Date: _____ | Today I will notice effort, not just outcomes.

Mood right now: ☐ Low ☐ Stressed ☐ Okay ☐ Good ☐ Great

Energy level: ☐ Very low ☐ Low ☐ Medium ☐ High

RATE YOUR DAILY PROGRESS

Circle one number per row (1 = hard day, 5 = great progress). Then note your effort.

Self-care
1 2 3 4 5
Today I did / tried / needed: _____

Spiritual / values
1 2 3 4 5
Today I did / tried / needed: _____

Academic
1 2 3 4 5
Today I did / tried / needed: _____

Physical health
1 2 3 4 5
Today I did / tried / needed: _____

Social
1 2 3 4 5
Today I did / tried / needed: _____

Interpersonal
1 2 3 4 5
Today I did / tried / needed: _____

Career / future
1 2 3 4 5
Today I did / tried / needed: _____

One thing I am proud of today:

_____

A challenge I faced and what helped (or might help):

_____

A small step I want to take tomorrow:

_____

THURSDAY CHECK-IN

Date: _____ | Today I will notice effort, not just outcomes.

Mood right now: ☐ Low ☐ Stressed ☐ Okay ☐ Good ☐ Great

Energy level: ☐ Very low ☐ Low ☐ Medium ☐ High

RATE YOUR DAILY PROGRESS

Circle one number per row (1 = hard day, 5 = great progress). Then note your effort.

Self-care
1 2 3 4 5
Today I did / tried / needed: _____

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Physical health
1 2 3 4 5
Today I did / tried / needed: _____

Social
1 2 3 4 5
Today I did / tried / needed: _____

Interpersonal
1 2 3 4 5
Today I did / tried / needed: _____

Career / future
1 2 3 4 5
Today I did / tried / needed: _____

One thing I am proud of today:

_____

A challenge I faced and what helped (or might help):

_____

A small step I want to take tomorrow:

_____

FRIDAY CHECK-IN

Date: _____ | Today I will notice effort, not just outcomes.

Mood right now: ☐ Low ☐ Stressed ☐ Okay ☐ Good ☐ Great

Energy level: ☐ Very low ☐ Low ☐ Medium ☐ High

RATE YOUR DAILY PROGRESS

Circle one number per row (1 = hard day, 5 = great progress). Then note your effort.

Self-care
1 2 3 4 5
Today I did / tried / needed: _____

Spiritual / values
1 2 3 4 5
Today I did / tried / needed: _____

Academic
1 2 3 4 5
Today I did / tried / needed: _____

Physical health
1 2 3 4 5
Today I did / tried / needed: _____

Social
1 2 3 4 5
Today I did / tried / needed: _____

Interpersonal
1 2 3 4 5
Today I did / tried / needed: _____

Career / future
1 2 3 4 5
Today I did / tried / needed: _____

One thing I am proud of today:

_____

A challenge I faced and what helped (or might help):

_____

A small step I want to take tomorrow:

_____

SATURDAY CHECK-IN

Date: _____ | Today I will notice effort, not just outcomes.

Mood right now: ☐ Low ☐ Stressed ☐ Okay ☐ Good ☐ Great

Energy level: ☐ Very low ☐ Low ☐ Medium ☐ High

RATE YOUR DAILY PROGRESS

Circle one number per row (1 = hard day, 5 = great progress). Then note your effort.

Self-care
1 2 3 4 5

Today I did / tried / needed: _____

Spiritual / values
1 2 3 4 5

Today I did / tried / needed: _____

Academic
1 2 3 4 5

Today I did / tried / needed: _____

Physical health
1 2 3 4 5

Today I did / tried / needed: _____

Social
1 2 3 4 5

Today I did / tried / needed: _____

Interpersonal
1 2 3 4 5

Today I did / tried / needed: _____

Career / future
1 2 3 4 5

Today I did / tried / needed: _____

One thing I am proud of today:

_____

A challenge I faced and what helped (or might help):

_____

A small step I want to take tomorrow:

_____

SUNDAY CHECK-IN

Date: _____ | Today I will notice effort, not just outcomes.

Mood right now: ☐ Low ☐ Stressed ☐ Okay ☐ Good ☐ Great

Energy level: ☐ Very low ☐ Low ☐ Medium ☐ High

RATE YOUR DAILY PROGRESS

Circle one number per row (1 = hard day, 5 = great progress). Then note your effort.

Self-care
1 2 3 4 5

Today I did / tried / needed:

Spiritual / values
1 2 3 4 5

Today I did / tried / needed:

Academic
1 2 3 4 5

Today I did / tried / needed:

Physical health
1 2 3 4 5

Today I did / tried / needed:

Social
1 2 3 4 5

Today I did / tried / needed:

Interpersonal
1 2 3 4 5

Today I did / tried / needed:

Career / future
1 2 3 4 5

Today I did / tried / needed:

One thing I am proud of today:

A challenge I faced and what helped (or might help):

A small step I want to take tomorrow:

WEEKLY REFLECTION

Look for patterns, celebrate effort, and choose a realistic next step.

How did this week feel overall?

☐ Very hard ☐ Hard ☐ Mixed ☐ Good ☐ Really good

What went well in each area? (Write a word, action, or example.)

Self-care: _____

Spiritual / values: _____

Academic: _____

Physical health: _____

Social: _____

Interpersonal: _____

Career / future: _____

Three wins (even if they seem small):

1. _____
2. _____
3. _____

A challenge I want help with:

_____

_____

My goal for next week:

_____

Who can support me? _____ Next check-in: _____

THERAPIST / CAREGIVER GUIDE

Use collaboratively; respect adolescent privacy, choice, and developmental context.

Suggested use

Invite the teen to choose one or two priority areas instead of trying to improve all seven at once. Review daily check-ins together without grading or criticism.

Clinical discussion prompts

What felt most manageable? What got in the way? What helped? Which score surprised you? What support would make the next step easier?

Strengths-based tracking

Notice effort, flexibility, self-advocacy, help-seeking, positive relationships, and recovery after setbacks. Scores are subjective reflections, not a validated scale.

Spiritual / values domain

This area is optional and inclusive: personal meaning, reflection, cultural practices, faith, or secular values. Do not impose beliefs.

Physical health domain

Keep discussion focused on well-being, not weight or appearance. Avoid rigid food, exercise, or sleep targets unless clinically appropriate.

Safety and confidentiality

This worksheet is not a safety assessment. If an adolescent describes imminent harm, abuse, or danger, follow applicable safety, mandated-reporting, and clinical protocols. Explain confidentiality limits clearly.

Next-session plan

Choose one specific, attainable action; name a likely barrier; identify support; revisit what worked next session.