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Do a weekly review

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Open Weekly review from a goal's menu, then save Feeling, Next step, and Note.

Use **Weekly review** on a goal to check how it went this week and what you'll do next. This is separate from Plan this week.

Review a goal

1. Tap **Goals**.
2. Open the goal you want to review.
3. Tap the ••• menu, then **Weekly review**.
4. Fill in:
   - **Feeling** (pick how the goal feels right now)
   - **Next step** (pick what you'll do next)
   - **Note** (optional)
5. Tap **Save**. Tap **Cancel** if you change your mind.

To plan focus goals and actions for the week, see Make your weekly plan.

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