



## Input Solution Review

Week of:

Reward at end of week:

- 1. What Input Solution did I try and did it work?**
- 2. Did it help to some degree?**
- 3. What steps worked?**
- 4. What steps didn't work?**
- 5. Can I try to reach my goal by improving one or more of the steps that didn't work?**
- 6. Fill out a new Input Solution sheet.**
- 7. Did I give myself a reward for trying to reach my goal?**