



Review follow-through

Turn a supported pattern into one action you can recognize and record.

Review source

SECTION 01

1. Review period / date

2. Pattern supported by this week's records

3. One focus for the next period

If / then commitment

SECTION 02

4. If this cue occurs

5. Plan or boundary it supports

6. Then I will do this observable action

7. Evidence I will capture at the decision

Review evidence

SECTION 03

8. Review date

9. Number of times the cue occurred

10. Action recorded / skipped / unknown

11. If the cue never occurred, write 'no opportunity'

12. What the evidence supports

13. What remains uncertain

14. Keep, revise, or replace the focus next period - and why
