

PROGRESS TRACKER SELF-ASSESSMENT

Fellow Female Founder Program



Reflect on your previous week and evaluate how your project has progressed. Use it for every meeting.

Problems managed:

Problems open:

Criteria 1: Did I manage my weekly goals within the given time-frame?

Not at all

1	2	3	4	5	6	7	8	9	10
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 Absolutely

Criteria 2: Was I motivated?

Not at all

1	2	3	4	5	6	7	8	9	10
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 Very much

Criteria 3: Was I stressed?

Not at all

1	2	3	4	5	6	7	8	9	10
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 Very much

Criteria 4: Am I satisfied with my results?

Not at all

1	2	3	4	5	6	7	8	9	10
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 Very much

Criteria 5: Have I achieved my weekly goals?

Not at all

1	2	3	4	5	6	7	8	9	10
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 Absolutely

