

# LOSE WEIGHT - TAKE CONTROL

## Weekly Tracking & Month at a Glance Progress Report

Name: \_\_\_\_\_

My Long-Term Weight Loss Goal: \_\_\_\_\_ lbs

My 4 Week Weight Loss Goal: \_\_\_\_\_ lbs

(Healthy Weight Loss: Women = 1-2 Pounds Per Week & Men = 3-4 Pounds Per Week)

BELOW Track Areas Important to You!	DATE / / DAY _____	DATE / / DAY _____	DATE / / DAY _____	DATE / / DAY _____	MY RESULTS FOR THIS MONTH
WEIGHT	_____	_____	_____	_____	_____ (Total Pounds Lost)
BUST/CHEST	_____	_____	_____	_____	_____ (Total Inches Lost)
WAIST / STOMACH	_____	_____	_____	_____	_____ (Total Inches Lost)
HIPS	_____	_____	_____	_____	_____ (Total Inches Lost)
ARMS	_____	_____	_____	_____	_____ (Total Inches Lost)
THIGHS	_____	_____	_____	_____	_____ (Total Inches Lost)

### TRACKING TIPS

1. Weigh & measure yourself the morning you are starting your program.
2. Weigh & measure ONLY once a week (weighing more often can be confusing as weight fluctuates daily).
3. Weigh & measure the "same day" every week (as soon as you get out of bed is best).
4. For best results, set your long-term goal but concentrate on the DAILY activities that produce results!