

Progress Tracker

Whether your goal is weight loss, weight gain, or weight maintenance, it can be helpful to keep track of your progress while making lifestyle changes.

Try to check your weight at the same time each week and stick to weighing once per week.

Additional tracking measures can be found on the additional pages. Consider tracking these as well to measure progress in non-scale ways.

First, let's figure out your goal weight:

Are you trying to:

- Maintain weight? Goal weight is: _____ (today's weight)
- Gain weight? See below to make goal
- Lose weight? See below to make goal

Working toward a weight change?

Goal is a change of 1 - 2 pounds per week.

1 - 2 pounds per week x 16 weeks = maximum change of 16 - 32 pounds in 16 weeks

Current weight +/- _____ pounds = _____ pounds goal weight in 16 weeks

Example: Current weight 220 pounds with goal of weight loss
220 pounds - 16 pounds = 204 pounds in 16 weeks
 OR
220 pounds - 32 pounds = 188 pounds in 16 weeks

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Use a flexible measuring tape for these measurements. Consider tracking these items once now and once in 16 weeks. Set a phone reminder to come back and complete this again four months from today!

Date of Measurements: _____

Waist Circumference: _____

Hip Circumference: _____

Right Thigh Circumference: _____

Left Thigh Circumference: _____

Pant Size: _____

Shirt Size: _____

Average Duration of Sleep: _____ hours

Rank your sleep from 1-5 stars (best quality is 5) ☆☆☆☆☆

Describe your activity level right now:

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Describe your intake of non-starchy vegetables on a daily basis:

Where do you hope to be in terms of health and progress in 4 months?

What challenges to you worry may get in your way of getting where you want to be? What can you do about those challenges?

Remember, these are **just thoughts** to help provide you with a sense of direction and to look back on in 4 months to see how you've grown and adjusted.

It's **okay to change** your hopes and goals over time. You're doing amazing things with every change you make!