Starting Point

Write it down — future you will thank you

START DATE	START WEIGHT	GOAL WEIGHT	TO LOSE	BMI / WAIST

My reasons

Milestone rewards

5 lost reward: _____

10 lost reward: _____

15 lost reward: _____

20 lost reward: _____

25 lost reward: _____

30 lost reward: _____

40 lost reward: _____

Goal lost reward: _____

Weekly Weigh-In · Weeks 1–26

Same day, same time, same scale

WEEK	DATE	WEIGHT	CHANGE	TOTAL LOST	NOTES
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					
21					
22					
23					
24					
25					
26					

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Weekly Weigh-In · Weeks 27–52

Same day, same time, same scale

WEEK	DATE	WEIGHT	CHANGE	TOTAL LOST	NOTES
27					
28					
29					
30					
31					
32					
33					
34					
35					
36					
37					
38					
39					
40					
41					
42					
43					
44					
45					
46					
47					
48					
49					
50					
51					
52					

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52-Week Progress Graph

Plot each weigh-in and join the dots



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Non-Scale Victories

Progress is more than a number

Clothes fit better	More energy	Better sleep
Walked further	Took the stairs	Cooked at home
Said no to a craving	New PR	Smaller belt notch
Felt confident	Drank my water	Moved every day
Rested well	Tried something new	My own: _____