# Weight Loss Goals and Progress Sheet

To better my health, my goal is to lose _______ pounds. I will accomplish this through:

- Physical activity (list exercise plans):
- Eating more low-calorie, nutritious foods like:
- Changing the following eating habits:

## MONTH 1

<table>
<thead>
<tr>
<th>DATE</th>
<th>WEIGHT</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 1</td>
<td></td>
<td>[☐] I lost a little weight!</td>
</tr>
<tr>
<td>Week 2</td>
<td></td>
<td>[☐] It's too early to tell!</td>
</tr>
<tr>
<td>Week 3</td>
<td></td>
<td>[☐] I lost weight!</td>
</tr>
<tr>
<td>Week 4</td>
<td></td>
<td>[☐] No weight loss this week</td>
</tr>
<tr>
<td></td>
<td></td>
<td>[☐] No weight loss yet</td>
</tr>
<tr>
<td></td>
<td></td>
<td>[☐] Doing well</td>
</tr>
<tr>
<td></td>
<td></td>
<td>[☐] I’ll try harder</td>
</tr>
</tbody>
</table>

## MONTH 2

<table>
<thead>
<tr>
<th>DATE</th>
<th>WEIGHT</th>
<th>Remarks (pick from bottom of page or write your own)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 5</td>
<td></td>
<td></td>
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<tr>
<td>Week 6</td>
<td></td>
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<tr>
<td>Week 7</td>
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<tr>
<td>Week 8</td>
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## MONTH 3

<table>
<thead>
<tr>
<th>DATE</th>
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<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
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<tr>
<td>Week 10</td>
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<td>Week 11</td>
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<tr>
<td>Week 12</td>
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</tbody>
</table>

## MONTH 4

<table>
<thead>
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<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 13</td>
<td></td>
<td></td>
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<tr>
<td>Week 14</td>
<td></td>
<td></td>
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<tr>
<td>Week 15</td>
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<tr>
<td>Week 16</td>
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</table>

## MONTH 5

<table>
<thead>
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<tbody>
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<td>Week 17</td>
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<tr>
<td>Week 18</td>
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<td>Week 19</td>
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<td>Week 20</td>
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## MONTH 6

<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td>Week 21</td>
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<tr>
<td>Week 22</td>
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<tr>
<td>Week 23</td>
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<tr>
<td>Week 24</td>
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</tbody>
</table>

### Positive Remarks:
- I’m doing pretty well. Feeling good. ☺ Exercise isn't so bad. Great job!

### Other remarks:
- I need to try harder. ☹ Bummer. No change this week - oh well.

Put this chart on the refrigerator!

If you lost weight, great job!!

Keep going!

Remember, lose weight SLOW and STEADY.

This will make it easier to keep the weight off in the long term!

Are you making progress? Reward yourself!

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