

Weight Loss Goals and Progress Sheet

Put this chart on the refrigerator!



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	DATE	WEIGHT	Remarks
Week 1			<input type="checkbox"/> I lost a little weight! <input type="checkbox"/> It's too early to tell!
Week 2			<input type="checkbox"/> Progress! <input type="checkbox"/> No weight loss yet
Week 3			<input type="checkbox"/> I lost weight! <input type="checkbox"/> No weight loss this week
Week 4			<input type="checkbox"/> Doing well <input type="checkbox"/> I'll try harder

If you lost weight, great job!!

Keep going!

MONTH 2	DATE	WEIGHT	Remarks (pick from bottom of page or write your own)
Week 5			
Week 6			
Week 7			
Week 8			

MONTH 3	DATE	WEIGHT	Remarks
Week 9			
Week 10			
Week 11			
Week 12			

Remember, lose weight SLOW and STEADY.

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

MONTH 4	DATE	WEIGHT	Remarks
Week 13			
Week 14			
Week 15			
Week 16			

MONTH 5	DATE	WEIGHT	Remarks
Week 17			
Week 18			
Week 19			
Week 20			

Are you making progress? Reward yourself!

MONTH 6	DATE	WEIGHT	Remarks
Week 21			
Week 22			
Week 23			
Week 24			

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.