

Progress Chart

After



	<i>Initial</i> Measurements	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Body Weight:									
Chest:									
Waist:									
Wrist:									
Hips:									
Quads:									
Knees:									
Calves:									



FOOD INTAKE AND ACTIVITY RECORD

Week 1

Monday or Day 1

Current Weight: _____ lbs / kg

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Drink	

Exercise and duration -----

Mood changes -----

Any other observations -----

Tuesday or Day 2

Current Weight: _____ lbs / kg

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Drink	

Exercise and duration -----

Mood changes -----

Any other observations -----

Wednesday or Day 3

Current Weight: _____ lbs / kg

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Drink	

Exercise and duration -----

Mood changes -----

Any other observations -----



Thursday or Day 4

Current Weight: _____ lbs / kg

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Drink	

Exercise and duration -----

Mood changes -----

Any other observations -----

Friday or Day 5

Current Weight: _____ lbs / kg

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Drink	

Exercise and duration -----

Mood changes -----

Any other observations -----

Saturday or Day 6

Current Weight: _____ lbs / kg

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Drink	

Exercise and duration -----

Mood changes -----

Any other observations -----

Sunday or Day 7

Current Weight: _____ lbs / kg

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Drink	

Exercise and duration -----

Mood changes -----

Any other observations -----



FOOD INTAKE AND ACTIVITY RECORD

Week 2

Monday or Day 1

Current Weight: _____ lbs / kg

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Drink	

Exercise and duration -----

Mood changes -----

Any other observations -----

Tuesday or Day 2

Current Weight: _____ lbs / kg

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Drink	

Exercise and duration -----

Mood changes -----

Any other observations -----

Wednesday or Day 3

Current Weight: _____ lbs / kg

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Drink	

Exercise and duration -----

Mood changes -----

Any other observations -----



Thursday or Day 4

Current Weight: _____ lbs / kg

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Drink	

Exercise and duration -----

Mood changes -----

Any other observations -----

Friday or Day 5

Current Weight: _____ lbs / kg

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Drink	

Exercise and duration -----

Mood changes -----

Any other observations -----

Saturday or Day 6

Current Weight: _____ lbs / kg

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Drink	

Exercise and duration -----

Mood changes -----

Any other observations -----

Sunday or Day 7

Current Weight: _____ lbs / kg

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Drink	

Exercise and duration -----

Mood changes -----

Any other observations -----



FOOD INTAKE AND ACTIVITY RECORD

Week 3

Monday or Day 1

Current Weight: _____ lbs / kg

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Drink	

Exercise and duration -----

Mood changes -----

Any other observations -----

Tuesday or Day 2

Current Weight: _____ lbs / kg

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Drink	

Exercise and duration -----

Mood changes -----

Any other observations -----

Wednesday or Day 3

Current Weight: _____ lbs / kg

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Drink	

Exercise and duration -----

Mood changes -----

Any other observations -----



Thursday or Day 4

Current Weight: _____ lbs / kg

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Drink	

Exercise and duration -----

Mood changes -----

Any other observations -----

Friday or Day 5

Current Weight: _____ lbs / kg

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Drink	

Exercise and duration -----

Mood changes -----

Any other observations -----

Saturday or Day 6

Current Weight: _____ lbs / kg

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Drink	

Exercise and duration -----

Mood changes -----

Any other observations -----

Sunday or Day 7

Current Weight: _____ lbs / kg

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Drink	

Exercise and duration -----

Mood changes -----

Any other observations -----



FOOD INTAKE AND ACTIVITY RECORD

Week 4

Monday or Day 1

Current Weight: Monday lbs / kg

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Drink	

Exercise and duration -----

Mood changes -----

Any other observations -----

Tuesday or Day 2

Current Weight: _____ lbs / kg

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Drink	

Exercise and duration -----

Mood changes -----

Any other observations -----

Wednesday or Day 3

Current Weight: _____ lbs / kg

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Drink	

Exercise and duration -----

Mood changes -----

Any other observations -----



Thursday or Day 4

Current Weight: _____ lbs / kg

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Drink	

Exercise and duration -----

Mood changes -----

Any other observations -----

Friday or Day 5

Current Weight: _____ lbs / kg

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Drink	

Exercise and duration -----

Mood changes -----

Any other observations -----

Saturday or Day 6

Current Weight: _____ lbs / kg

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Drink	

Exercise and duration -----

Mood changes -----

Any other observations -----

Sunday or Day 7

Current Weight: _____ lbs / kg

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Drink	

Exercise and duration -----

Mood changes -----

Any other observations -----



FOOD INTAKE AND ACTIVITY RECORD

Week 5

Monday or Day 1

Current Weight: _____ lbs / kg

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Drink	

Exercise and duration -----

Mood changes -----

Any other observations -----

Tuesday or Day 2

Current Weight: _____ lbs / kg

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Drink	

Exercise and duration -----

Mood changes -----

Any other observations -----

Wednesday or Day 3

Current Weight: _____ lbs / kg

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Drink	

Exercise and duration -----

Mood changes -----

Any other observations -----



Thursday or Day 4

Current Weight: _____ lbs / kg

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Drink	

Exercise and duration -----

Mood changes -----

Any other observations -----

Friday or Day 5

Current Weight: _____ lbs / kg

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Drink	

Exercise and duration -----

Mood changes -----

Any other observations -----

Saturday or Day 6

Current Weight: _____ lbs / kg

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Drink	

Exercise and duration -----

Mood changes -----

Any other observations -----

Sunday or Day 7

Current Weight: _____ lbs / kg

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Drink	

Exercise and duration -----

Mood changes -----

Any other observations -----



FOOD INTAKE AND ACTIVITY RECORD

Week 6

Monday or Day 1

Current Weight: _____ lbs / kg

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Drink	

Exercise and duration -----

Mood changes -----

Any other observations -----

Tuesday or Day 2

Current Weight: _____ lbs / kg

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Drink	

Exercise and duration -----

Mood changes -----

Any other observations -----

Wednesday or Day 3

Current Weight: _____ lbs / kg

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Drink	

Exercise and duration -----

Mood changes -----

Any other observations -----



Thursday or Day 4

Current Weight: _____ lbs / kg

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Drink	

Exercise and duration -----

Mood changes -----

Any other observations -----

Friday or Day 5

Current Weight: _____ lbs / kg

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Drink	

Exercise and duration -----

Mood changes -----

Any other observations -----

Saturday or Day 6

Current Weight: _____ lbs / kg

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Drink	

Exercise and duration -----

Mood changes -----

Any other observations -----

Sunday or Day 7

Current Weight: _____ lbs / kg

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Drink	

Exercise and duration -----

Mood changes -----

Any other observations -----



FOOD INTAKE AND ACTIVITY RECORD

Week 7

Monday or Day 1

Current Weight: _____ lbs / kg

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Drink	

Exercise and duration -----

Mood changes -----

Any other observations -----

Tuesday or Day 2

Current Weight: _____ lbs / kg

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Drink	

Exercise and duration -----

Mood changes -----

Any other observations -----

Wednesday or Day 3

Current Weight: _____ lbs / kg

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Drink	

Exercise and duration -----

Mood changes -----

Any other observations -----



Thursday or Day 4

Current Weight: _____ lbs / kg

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Drink	

Exercise and duration -----

Mood changes -----

Any other observations -----

Friday or Day 5

Current Weight: _____ lbs / kg

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Drink	

Exercise and duration -----

Mood changes -----

Any other observations -----

Saturday or Day 6

Current Weight: _____ lbs / kg

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Drink	

Exercise and duration -----

Mood changes -----

Any other observations -----

Sunday or Day 7

Current Weight: _____ lbs / kg

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Drink	

Exercise and duration -----

Mood changes -----

Any other observations -----



FOOD INTAKE AND ACTIVITY RECORD

Week 8

Monday or Day 1

Current Weight: _____ lbs / kg

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Drink	

Exercise and duration -----

Mood changes -----

Any other observations -----

Tuesday or Day 2

Current Weight: _____ lbs / kg

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Drink	

Exercise and duration -----

Mood changes -----

Any other observations -----

Wednesday or Day 3

Current Weight: _____ lbs / kg

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Drink	

Exercise and duration -----

Mood changes -----

Any other observations -----



Thursday or Day 4

Current Weight: _____ lbs / kg

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Drink	

Exercise and duration -----

Mood changes -----

Any other observations -----

Friday or Day 5

Current Weight: _____ lbs / kg

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Drink	

Exercise and duration -----

Mood changes -----

Any other observations -----

Saturday or Day 6

Current Weight: _____ lbs / kg

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Drink	

Exercise and duration -----

Mood changes -----

Any other observations -----

Sunday or Day 7

Current Weight: _____ lbs / kg

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Drink	

Exercise and duration -----

Mood changes -----

Any other observations -----

