

# 12-week weigh-in log

Enter the dates and values you have chosen to record. Leave unused fields blank.

Start date: \_\_\_\_\_ Units: lb / kg Starting weight: \_\_\_\_\_ Why I am tracking: \_\_\_\_\_

| Week | Date | Weight | Change wk | Change start | Waist | Notes |
|------|------|--------|-----------|--------------|-------|-------|
| 1    |      |        |           |              |       |       |
| 2    |      |        |           |              |       |       |
| 3    |      |        |           |              |       |       |
| 4    |      |        |           |              |       |       |
| 5    |      |        |           |              |       |       |
| 6    |      |        |           |              |       |       |
| 7    |      |        |           |              |       |       |
| 8    |      |        |           |              |       |       |
| 9    |      |        |           |              |       |       |
| 10   |      |        |           |              |       |       |
| 11   |      |        |           |              |       |       |
| 12   |      |        |           |              |       |       |

A record sheet, not a diet plan or medical advice. Talk to a health professional about targets.

# Monthly body measurements

Enter your own measurement labels and values. No targets or recommendations are supplied.

| Measure   | Month 1 | Month 2 | Month 3 | Month 4 | Month 5 | Month 6 |
|-----------|---------|---------|---------|---------|---------|---------|
| Date      |         |         |         |         |         |         |
| Chest     |         |         |         |         |         |         |
| Waist     |         |         |         |         |         |         |
| Hips      |         |         |         |         |         |         |
| Thigh     |         |         |         |         |         |         |
| Upper arm |         |         |         |         |         |         |

Where I measured (for example, waist at navel):

# Weekly habit check

Tick what you did. Two weeks per page; leave a box empty rather than scoring yourself.

Week of \_\_\_\_\_

| Habit        | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|--------------|-----|-----|-----|-----|-----|-----|-----|
| My routine 1 |     |     |     |     |     |     |     |
| My routine 2 |     |     |     |     |     |     |     |
| My routine 3 |     |     |     |     |     |     |     |
| My routine 4 |     |     |     |     |     |     |     |
| My routine 5 |     |     |     |     |     |     |     |
| Notes        |     |     |     |     |     |     |     |

Week of \_\_\_\_\_

| Habit        | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|--------------|-----|-----|-----|-----|-----|-----|-----|
| My routine 1 |     |     |     |     |     |     |     |
| My routine 2 |     |     |     |     |     |     |     |
| My routine 3 |     |     |     |     |     |     |     |
| My routine 4 |     |     |     |     |     |     |     |
| My routine 5 |     |     |     |     |     |     |     |
| Notes        |     |     |     |     |     |     |     |

# Progress graph

Write your scale on the left, then mark each weekly weigh-in and join the dots.

