**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:

**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.

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MONTH 6

DATE

WEIGHT

Remarks

Week 21

Week 22

Week 23

Week 24

**Are you making progress? Reward yourself!**

MONTH 5

DATE

WEIGHT

Remarks

Week 17

Week 18

Week 19

Week 20

MONTH 4

DATE

WEIGHT

Remarks

Week 13

Week 14

Week 15

Week 16

**Remember, lose weight SLOW and STEADY.**

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

MONTH 3

DATE

WEIGHT

Remarks

Week 9

Week 10

Week 11

Week 12

MONTH 2

DATE

WEIGHT

**Remarks** (pick from bottom of page or write your own)

Week 5

Week 6

Week 7

Week 8

**If you lost weight, great job!!**

**Keep going!**

MONTH 1

DATE

WEIGHT

Remarks

Week 1

 I lost a little weight!  It’s too early to tell!

Week 2

 Progress!  No weight loss yet

Week 3

 I lost weight!  No weight loss this week

Week 4

 Doing well  I’ll try harder

***Put this chart on the refrigerator!***