

YOUR 6-WEEK SLIM-DOWN TRACKER

SLIM DOWN GOAL:

SLIM-DOWN ACCOMPLISHMENT:

	WEEK 1	WEEK 2	WEEK 3
PROGRESS	BEST ACCOMPLISHMENT THIS WEEK: _____	BEST ACCOMPLISHMENT THIS WEEK: _____	BEST ACCOMPLISHMENT THIS WEEK: _____
	WAIST MEASUREMENT (around belly button): _____	WAIST MEASUREMENT (around belly button): _____	WAIST MEASUREMENT (around belly button): _____
	HOW DID YOU FEEL THIS WEEK? (hungry, stressed, proud, etc.) _____	HOW DID YOU FEEL THIS WEEK? (hungry, stressed, proud, etc.) _____	HOW DID YOU FEEL THIS WEEK? (hungry, stressed, proud, etc.) _____
	HOW WOULD YOU RATE YOUR EATING THIS WEEK? 1 2 3 4 5	HOW WOULD YOU RATE YOUR EATING THIS WEEK? 1 2 3 4 5	HOW WOULD YOU RATE YOUR EATING THIS WEEK? 1 2 3 4 5
	HOW WOULD YOU RATE YOUR ACTIVITY LEVEL THIS WEEK? 1 2 3 4 5	HOW WOULD YOU RATE YOUR ACTIVITY LEVEL THIS WEEK? 1 2 3 4 5	HOW WOULD YOU RATE YOUR ACTIVITY LEVEL THIS WEEK? 1 2 3 4 5
	HOW WOULD YOU RATE YOUR SLEEP THIS WEEK? 1 2 3 4 5	HOW WOULD YOU RATE YOUR SLEEP THIS WEEK? 1 2 3 4 5	HOW WOULD YOU RATE YOUR SLEEP THIS WEEK? 1 2 3 4 5
	GOAL FOR NEXT WEEK: _____	GOAL FOR NEXT WEEK: _____	GOAL FOR NEXT WEEK: _____

YOUR 6-WEEK SLIM-DOWN TRACKER

SLIM DOWN GOAL:

SLIM-DOWN ACCOMPLISHMENT:

	WEEK 4	WEEK 5	WEEK 6
PROGRESS	BEST ACCOMPLISHMENT THIS WEEK: _____	BEST ACCOMPLISHMENT THIS WEEK: _____	BEST ACCOMPLISHMENT THIS WEEK: _____
	WAIST MEASUREMENT (around belly button): _____	WAIST MEASUREMENT (around belly button): _____	WAIST MEASUREMENT (around belly button): _____
	HOW DID YOU FEEL THIS WEEK? (hungry, stressed, proud, etc.) _____	HOW DID YOU FEEL THIS WEEK? (hungry, stressed, proud, etc.) _____	HOW DID YOU FEEL THIS WEEK? (hungry, stressed, proud, etc.) _____
	HOW WOULD YOU RATE YOUR EATING THIS WEEK? 1 2 3 4 5	HOW WOULD YOU RATE YOUR EATING THIS WEEK? 1 2 3 4 5	HOW WOULD YOU RATE YOUR EATING THIS WEEK? 1 2 3 4 5
	HOW WOULD YOU RATE YOUR ACTIVITY LEVEL THIS WEEK? 1 2 3 4 5	HOW WOULD YOU RATE YOUR ACTIVITY LEVEL THIS WEEK? 1 2 3 4 5	HOW WOULD YOU RATE YOUR ACTIVITY LEVEL THIS WEEK? 1 2 3 4 5
	HOW WOULD YOU RATE YOUR SLEEP THIS WEEK? 1 2 3 4 5	HOW WOULD YOU RATE YOUR SLEEP THIS WEEK? 1 2 3 4 5	HOW WOULD YOU RATE YOUR SLEEP THIS WEEK? 1 2 3 4 5
	GOAL FOR NEXT WEEK: _____	GOAL FOR NEXT WEEK: _____	GOAL FOR NEXT WEEK: _____