

YOUR 12-WEEK PLAN

WEEK

1

2

3

4

5

6

7

8

9

10

11

12

Date

Day of Week

Starting Weight

Current Weight

Goal Weight

HORMONES (record daily)

ESTROGEN

AM

PM

PROGESTERONE

AM

PM

Monthly cycle

YES

NO

Current Medications

What menopause symptoms are you experiencing?

How do you feel emotionally today?

EXERCISE

CARDIO | Goal > 20-30 minutes a day, 5-6 days a week.

STRENGTH BUILDING | Goal > 2-3 times per week or daily.

Weekly goal:

What type of exercise:

What type of exercise:

Intensity: low medium high

Intensity: low medium high

For how long:

For how long:

Heart-rate average:

Did I succeed? yes no

Heart-rate average:

Did I succeed? yes no

Calories burned:

Time of day:

Calories burned:

Time of day:

Other Activity:

Calories burned: