

YOUR WEEKLY PROGRESS

Date

Day of Week

Starting Weight

Current Weight

Goal Weight

Weight difference from last week:

If your weight is less than last week, to what do you attribute this success? Cutting portions? Counting calories? Cutting out junk food? More exercise? Symptom treatment?

If your weight is more than last week, why?

What was the most difficult part of your makeover last week?

How are your menopausal symptoms?

the same

better

worse

How are you addressing your symptoms?

What do you enjoy most about your exercise routine?

What do you dislike about your exercise routine?

[Charting Your Success]

What can you do to make your exercise program more successful or enjoyable?

Have you noticed a pattern in your eating habits that you need to change? yes no
What do you need to change in your meal planning to meet your goals?

Where do you excel with your meal planning?

Where do you fall short in your meal planning?

What are your exercise and eating goals for the upcoming week?

Overall, how would you rate your emotional health this past week?

What beauty goals did you accomplish this week?

See the finish line at all times.
Move forward knowing your end results.