WEIGHT LOSS

TRACKER & JOURNAL

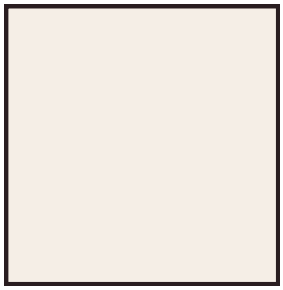
BLUSH CLINIC | DR. HUGHES

About me

Name: ..... Start: .....

Height: ..... Goal: .....

Weight: ..... Date: .....



My motivations

Reason 1:

Reason 2:

Reason 3:

My habits

New healthy habits:

- .....
- .....
- .....

Bad habits to reduce:

- .....
- .....
- .....

My Rewards

Rewards for meeting my goals:	Why I deserve this: ✓
1	1 .....
2	2 .....
3	3 .....

BEFORE AND AFTER

Before

Before

Before

Before

Date:

Weight:

Bust:

Waist:

Arms:

Hips:

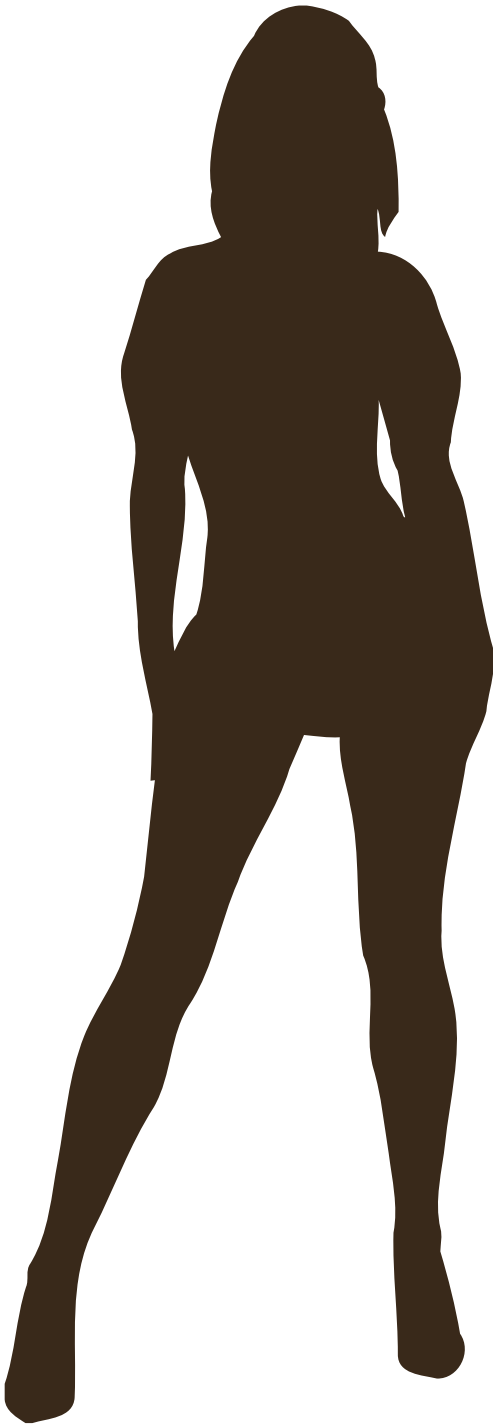
Thighs

Notes

BODY MEASUREMENT

Before	After
Date:	Date:
Weight:	Weight:

Before		After
Right arm		Right arm
Left arm		Left arm
Chest		Chest
Waist		Waist
Hips		Hips
Right thigh		Right thigh
Left thigh		Left thigh
Right Calf		Right Calf
Left calf		Left calf



BODY MEASUREMENT

Before	After
Date:	Date:
Weight:	Weight:



Before		After
Right arm		Right arm
Left arm		Left arm
Chest		Chest
waist		waist
Hips		Hips
Right thigh		Right thigh
Left thigh		Left thigh
Right Calf		Right Calf
Left calf		Left calf

MONTHLY MEASUREMENTS

Month 1			
Date		Chest	
Weight		Waist	
BMI		Stomach	
Body fat %		Hips	
Upper arm		Thigh	
Forearm		Calf	
Total inches / cm:			

Month 2			
Date		Chest	
Weight		Waist	
BMI		Stomach	
Body fat %		Hips	
Upper arm		Thigh	
Forearm		Calf	
Total inches / cm:			

Month 3			
Date		Chest	
Weight		Waist	
BMI		Stomach	
Body fat %		Hips	
Upper arm		Thigh	
Forearm		Calf	
Total inches / cm:			

Month 4			
Date		Chest	
Weight		Waist	
BMI		Stomach	
Body fat %		Hips	
Upper arm		Thigh	
Forearm		Calf	
Total inches / cm:			

Month 5			
Date		Chest	
Weight		Waist	
BMI		Stomach	
Body fat %		Hips	
Upper arm		Thigh	
Forearm		Calf	
Total inches / cm:			

Month 6			
Date		Chest	
Weight		Waist	
BMI		Stomach	
Body fat %		Hips	
Upper arm		Thigh	
Forearm		Calf	
Total inches / cm:			

MONTHLY MEASUREMENTS

Month 7			
Date		Chest	
Weight		Waist	
BMI		Stomach	
Body fat %		Hips	
Upper arm		Thigh	
Forearm		Calf	
Total inches / cm:			

Month 8			
Date		Chest	
Weight		Waist	
BMI		Stomach	
Body fat %		Hips	
Upper arm		Thigh	
Forearm		Calf	
Total inches / cm:			

Month 9			
Date		Chest	
Weight		Waist	
BMI		Stomach	
Body fat %		Hips	
Upper arm		Thigh	
Forearm		Calf	
Total inches / cm:			

Month 10			
Date		Chest	
Weight		Waist	
BMI		Stomach	
Body fat %		Hips	
Upper arm		Thigh	
Forearm		Calf	
Total inches / cm:			

Month 11			
Date		Chest	
Weight		Waist	
BMI		Stomach	
Body fat %		Hips	
Upper arm		Thigh	
Forearm		Calf	
Total inches / cm:			

Month 12			
Date		Chest	
Weight		Waist	
BMI		Stomach	
Body fat %		Hips	
Upper arm		Thigh	
Forearm		Calf	
Total inches / cm:			

MY MEASUREMENTS

	Waist	Hips	Thigh	Bust	Arms
Start					
Week 1					
Week 2					
Week 3					
Week 4					
Week 5					
Week 6					
Week 7					
Week 8					
Week 9					
Week 10					
Week 11					
Week 12					

GOALS

Why I want this

Short term goals

-
-
-
-
-

Long term goals

-
-
-
-
-

Milestone

Reward

GOALS AND REFLECTIONS

My Goal

Action steps

.....

.....

.....

My why

YES **Did I reach my goal?** **NO**

What went well?	Do more of...	Do less of...

How do I feel?

Diet
Discipline
Wellness
Motivation
Energy

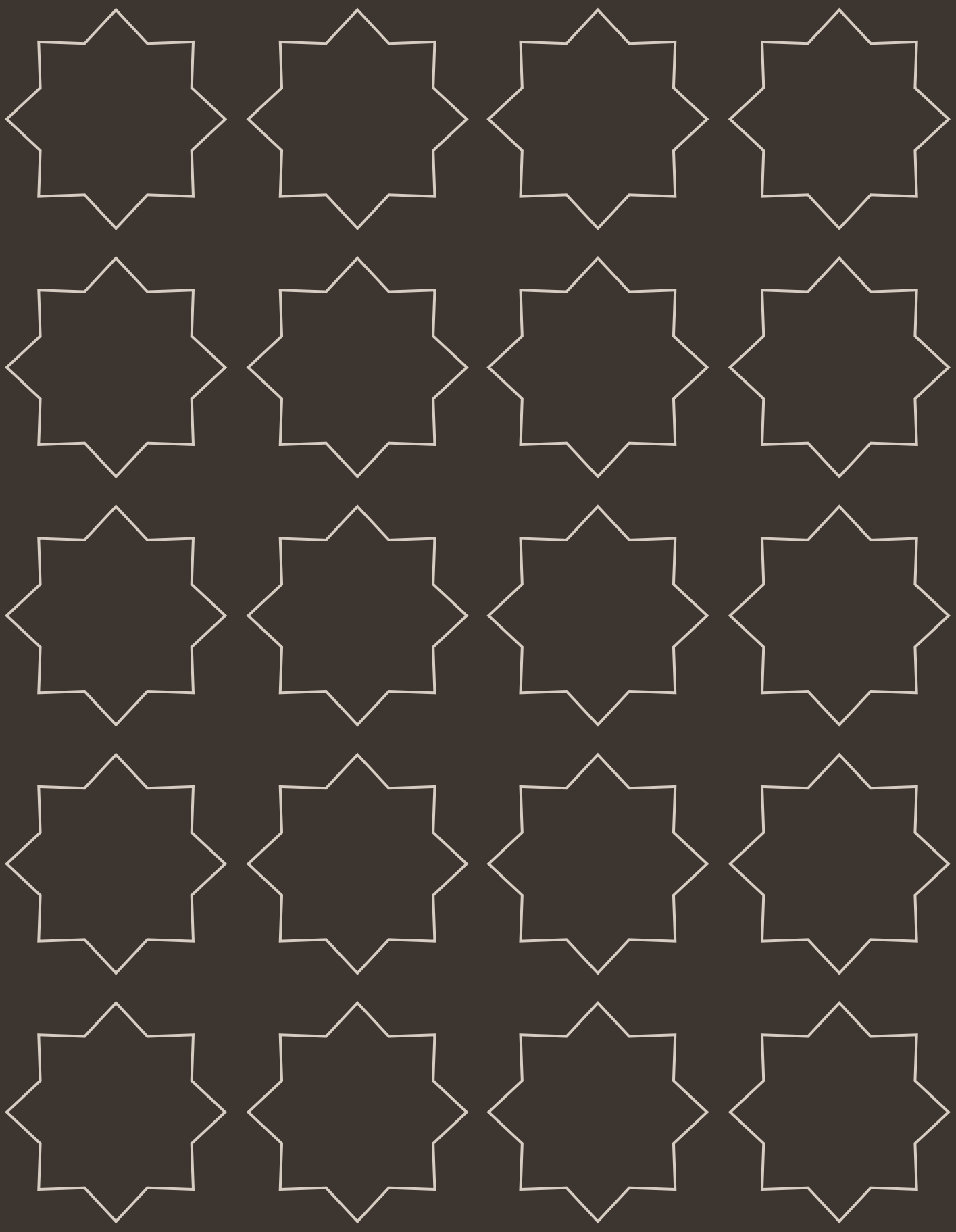
Going forward I will...

MILESTONES

Celebrate your wins!

Milestone	Date	Reward

MILESTONES



MONTHLY WEIGH-IN

Month 1

Date:

Month 2

Date:

Month 3

Date:

Month 4

Date:

Month 5

Date:

Month 6

Date:

Month 7

Date:

Month 8

Date:

Month 9

Date:

Month 10

Date:

Month 11

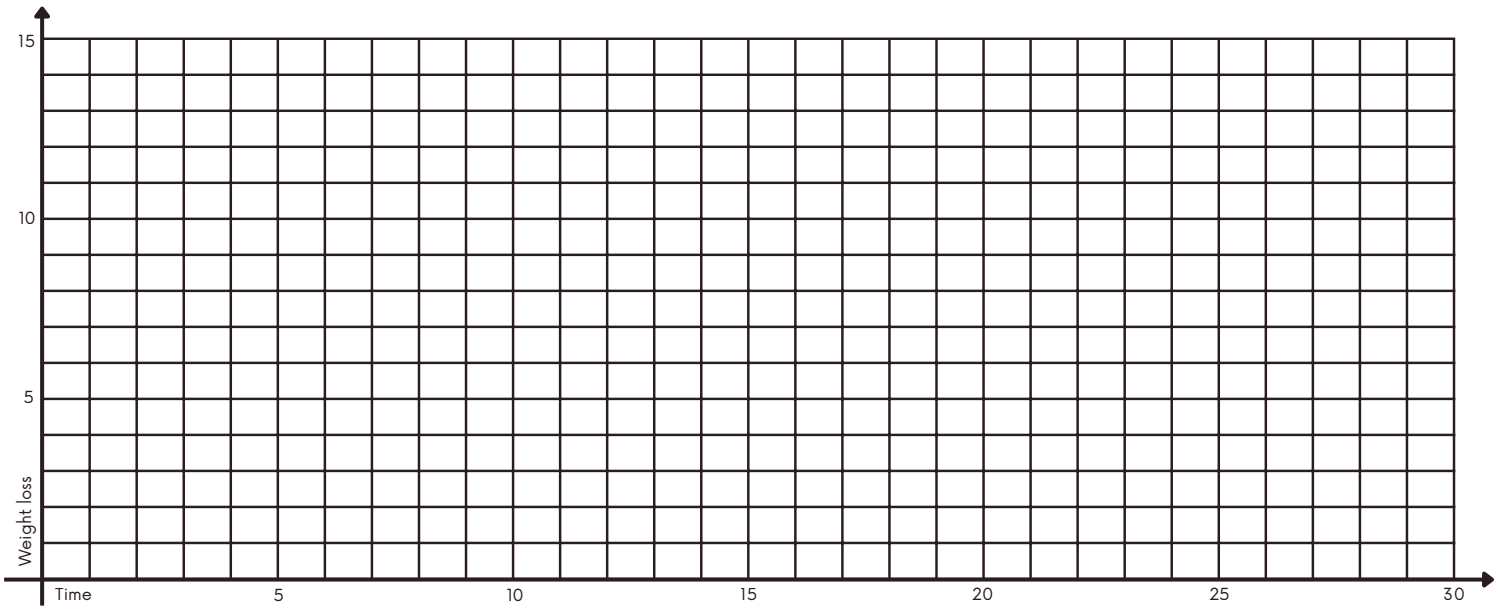
Date:

Month 12

Date:

WEIGHT LOSS TRACKER

#	Date	Target	Actual Weight	Gain	Loss



PROGRESS PHOTOS

1

Date: .....
Weight: .....

2

Date: .....
Weight: .....

3

Date: .....
Weight: .....

4

Date: .....
Weight: .....

5

Date: .....
Weight: .....

6

Date: .....
Weight: .....

7

Date: .....
Weight: .....

8

Date: .....
Weight: .....

9

Date: .....
Weight: .....

10

Date: .....
Weight: .....

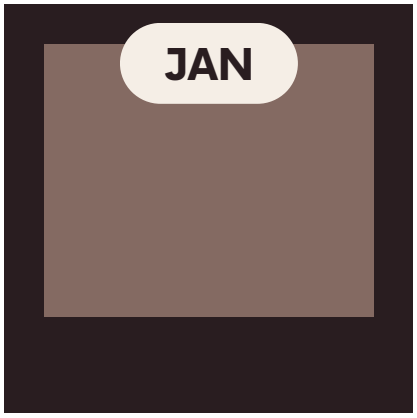
11

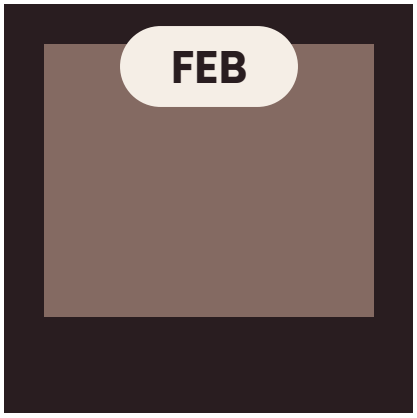
Date: .....
Weight: .....

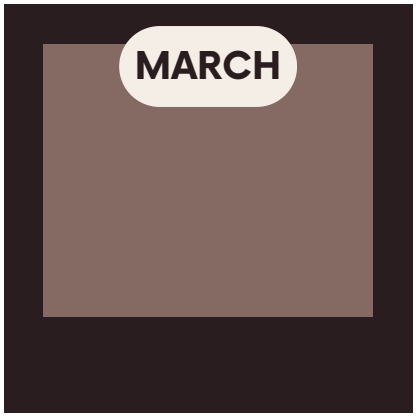
12

Date: .....
Weight: .....

MONTHLY CHECK-IN

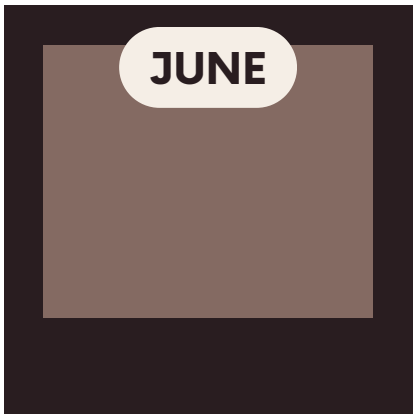


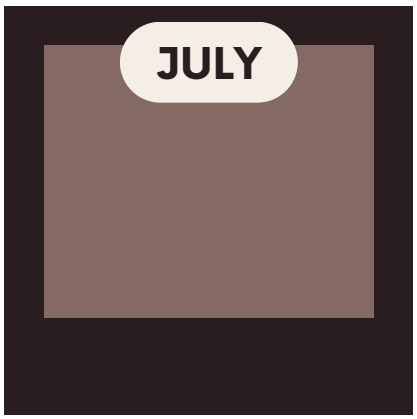








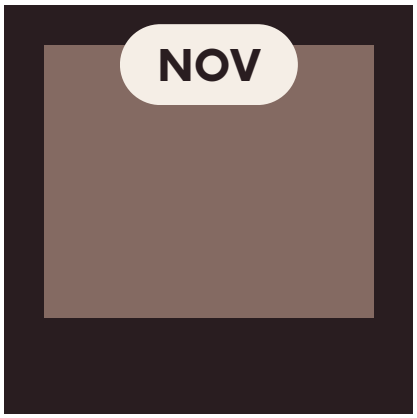














WEEKLY CHECK-IN

START DATE: ..... CURRENT WEIGHT: .....

WEEK 1: ..... **WEEK 2:** ..... **WEEK 3:** .....

WEEK 4: ..... **WEEK 5:** ..... **WEEK 6:** .....

WEEK 7: ..... **WEEK 8:** ..... **WEEK 9:** .....

WEEK 10: ..... **WEEK 11:** ..... **WEEK 12:** .....

WEEK 13: ..... **WEEK 14:** ..... **WEEK 15:** .....

WEEK 16: ..... **WEEK 17:** ..... **WEEK 18:** .....

WEEK 19: ..... **WEEK 20:** ..... **WEEK 21:** .....

WEEK 22: ..... **WEEK 23:** ..... **WEEK 24:** .....

WEEK 25: ..... **WEEK 26:** ..... **END WEIGHT:** .....

WEEKLY CHECK-IN

START DATE: ..... CURRENT WEIGHT: .....

WEEK 27: ..... **WEEK 28:** ..... **WEEK 29:** .....

WEEK 30: ..... **WEEK 31:** ..... **WEEK 32:** .....

WEEK 33: ..... **WEEK 34:** ..... **WEEK 35:** .....

WEEK 36: ..... **WEEK 37:** ..... **WEEK 38:** .....

WEEK 39: ..... **WEEK 40:** ..... **WEEK 41:** .....

WEEK 42: ..... **WEEK 43:** ..... **WEEK 44:** .....

WEEK 45: ..... **WEEK 46:** ..... **WEEK 47:** .....

WEEK 48: ..... **WEEK 49:** ..... **WEEK 50:** .....

WEEK 51: ..... **WEEK 52:** ..... **END WEIGHT:** .....

POUNDS LOST

START DATE: ..... CURRENT WEIGHT: ..... TARGET: .....

1 2 3

4 5 6

7 8 9



POUNDS LOST

START DATE: ..... CURRENT WEIGHT: ..... TARGET: .....

1 2 3 4

5 6 7 8

9 10 11 12

13 14 15 16

17 18 19 20

POUNDS LOST

START DATE: ..... CURRENT WEIGHT: ..... TARGET: .....

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

POUNDS LOST

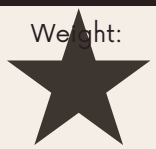
START DATE: ..... CURRENT WEIGHT: ..... TARGET: .....

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30
31	32	33	34	35
36	37	38	39	40
41	42	43	44	45
46	47	48	49	50

30-DAY CHALLENGE

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

30-DAY CHALLENGE

DAY 1 Weight:	DAY 2 Weight:	DAY 3 Weight:	DAY 4 Weight:	DAY 5 Weight:
DAY 6 Weight:	DAY 7 Weight:	DAY 8 Weight:	DAY 9 Weight:	DAY 10 Weight:
DAY 11 Weight:	DAY 12 Weight:	DAY 13 Weight:	DAY 14 Weight:	DAY 15 Weight:
DAY 16 Weight:	DAY 17 Weight:	DAY 18 Weight:	DAY 19 Weight:	DAY 20 Weight:
DAY 21 Weight:	DAY 22 Weight:	DAY 23 Weight:	DAY 24 Weight:	DAY 25 Weight:
DAY 26 Weight:	DAY 27 Weight:	DAY 28 Weight:	DAY 29 Weight:	DAY 30 Weight: 

52 WEEK CHALLENGE

WEEK 1 Weight:	WEEK 2 Weight:	WEEK 3 Weight:	WEEK 4 Weight:	WEEK 5 Weight:	WEEK 6 Weight:
WEEK 7 Weight:	WEEK 8 Weight:	WEEK 9 Weight:	WEEK 10 Weight:	WEEK 11 Weight:	WEEK 12 Weight:
WEEK 13 Weight:	WEEK 14 Weight:	WEEK 15 Weight:	WEEK 16 Weight:	WEEK 17 Weight:	WEEK 18 Weight:
WEEK 19 Weight:	WEEK 20 Weight:	WEEK 21 Weight:	WEEK 22 Weight:	WEEK 23 Weight:	WEEK 24 Weight:
WEEK 25 Weight:	WEEK 26 Weight:	WEEK 27 Weight:	WEEK 28 Weight:	WEEK 29 Weight:	WEEK 30 Weight:
WEEK 31 Weight:	WEEK 32 Weight:	WEEK 33 Weight:	WEEK 34 Weight:	WEEK 35 Weight:	WEEK 36 Weight:
WEEK 37 Weight:	WEEK 38 Weight:	WEEK 39 Weight:	WEEK 40 Weight:	WEEK 41 Weight:	WEEK 42 Weight:
WEEK 43 Weight:	WEEK 44 Weight:	WEEK 45 Weight:	WEEK 46 Weight:	WEEK 47 Weight:	WEEK 48 Weight:
WEEK 49 Weight:	WEEK 50 Weight:	WEEK 51 Weight:	WEEK 52 Weight:		

12-WEEK CHALLENGE

WEEK 1

Goal:

Actual:

WEEK 2

Goal:

Actual:

WEEK 3

Goal:

Actual:

WEEK 4

Goal:

Actual:

WEEK 5

Goal:

Actual:

WEEK 6

Goal:

Actual:

WEEK 7

Goal:

Actual:

WEEK 8

Goal:

Actual:

WEEK 9

Goal:

Actual:

WEEK 10

Goal:

Actual:

WEEK 11

Goal:

Actual:

WEEK 12

Goal:

Actual:

WORKOUT TRACKER

DATE	EXCERCISE	SETS	REPS	WGT	DST	TIME

WEEKLY MEAL PLANNER

	BREAKFAST	LUNCH	DINNER	SNACKS
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

FOOD DIARY

	BREAKFAST	LUNCH	DINNER	SNACKS
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

WEEKLY SHOPPING LIST