

Monthly Planner

Sunday

Monday

Tuesday

Wednesday

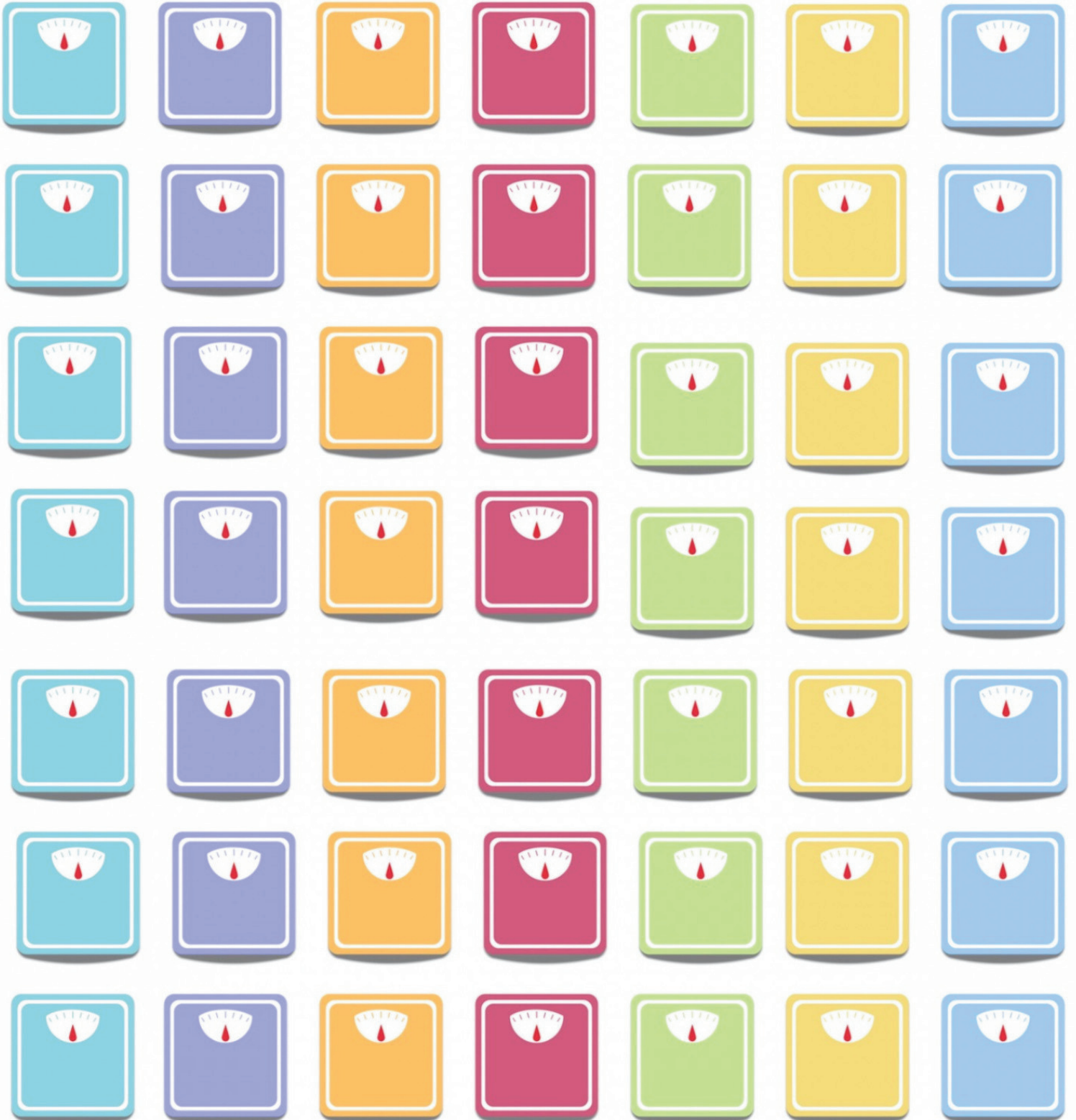
Thursday

Friday

Saturday

[illegible]

Daily Weigh-in



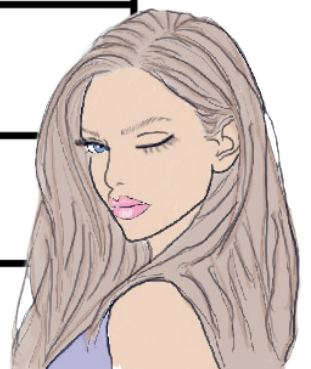
Measurements

[illegible]

Weekly Progress

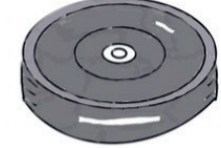
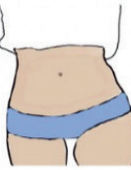
Week Date Weight Focus Reward

1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				



Habits

Category	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
1										
2										
3										
4										
5										
6										
7										
8										
9										
10										



Food Journal

M

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	_____		

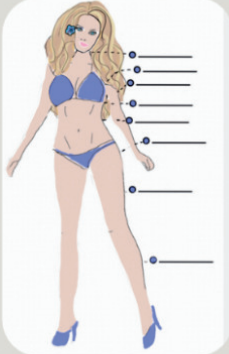
S

	_____	    	
	_____		       
	_____		
	_____		

Weekly Check-in

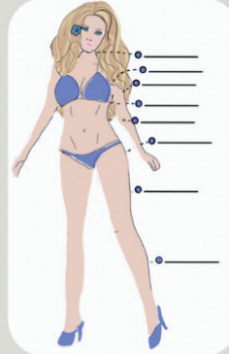
Date

Week

Weight		Measurements	Lost this week:	
 progress photo	 Size	Lost overall:		
		Reward earned:		
		DOC APPT:		

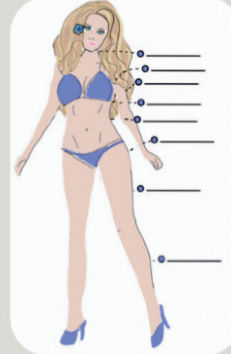
Date

Week

Weight		Measurements	Lost this week:	
 progress photo	 Size	Lost overall:		
		Reward earned:		
		DOC APPT:		

Date

Week

Weight		Measurements	Lost this week:	
 progress photo	 Size	Lost overall:		
		Reward earned:		
		DOC APPT:		

Daily Planner

Appointments

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

TO DO Today

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

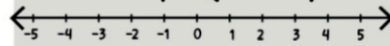
Schedule

5:00 am _____
6:00 am _____
7:00 am _____
8:00 am _____
9:00 am _____
10:00 am _____
11:00 am _____
12:00 pm _____
1:00 pm _____
2:00 pm _____
3:00 pm _____
4:00 pm _____
5:00 pm _____
6:00 pm _____
7:00 pm _____
8:00 pm _____
9:00 pm _____
10:00 pm _____

Fitness

Sleep Hours

Sleep Quality



Self Care Today

Medication

Vitamins

Water



Breakfast

Lunch

Dinner

Protein

Calories

Date

Week

Day

Weight

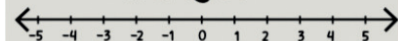
Lost to Date



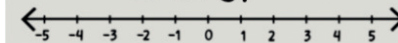
Mood



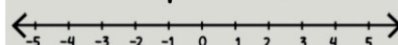
Hunger



Energy



Depression



Side Effects

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____