

Personal Assessment

Name: _____
 Age: _____
 Starting Weight: _____ Goal Weight: _____
 Starting Size: _____ Goal Size: _____

Starting Measurements

Chest: _____
 Waist: _____
 Hips: _____
 Upper Arms: _____
 Thighs: _____

Why have you decided to lose weight?

Place your before picture here

When you reach your goal, what are you going to do for yourself?

Once you reach your goals, how will your life be different?

➔ Progress Chart

Week	Goal Weight	Actual Weight	Successful?
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Week	Goal Weight	Actual Weight	Successful?
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Week	Goal Weight	Actual Weight	Successful?
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Week	Goal Weight	Actual Weight	Successful?
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____