

Weight Loss Tracker Form

Purpose:

This tracker is designed to help you monitor your progress, stay motivated, and identify patterns that support your weight loss journey. Use it weekly or biweekly, depending on your goals.

Healthy Habits Checklist

- ☒ Drinking enough water
- ☒ 5+ servings of fruit/veg
- ☒ 30 mins of physical activity
- ☒ No sugary drinks
- ☒ Meal planning/prepping
- ☒ Mindful eating
- ☒ 7–9 hours of sleep

Reflections

- What went well this week?
- What was challenging?
- What is one thing you'll work on next week?

Tips for Success

- Be kind to yourself – progress is not always linear.
- Use non-scale victories too (e.g. more energy, better sleep, looser clothes).
- Celebrate small wins
- Share your goals with a trusted friend or professional for support.

Weight Loss Tracker

Start Date:

[illegible]

[illegible]