

DAILY TRACKING SHEET

MONDAY		
Food and drink	Activity	How you're feeling

TUESDAY		
Food and drink	Activity	How you're feeling

WEDNESDAY		
Food and drink	Activity	How you're feeling

THURSDAY		
Food and drink	Activity	How you're feeling

FRIDAY**Food and drink****Activity****How you're feeling****SATURDAY****Food and drink****Activity****How you're feeling****SUNDAY****Food and drink****Activity****How you're feeling****RESEARCH AND REVIEW****Questions, problems, ideas, lessons learned**

WEEKLY TRACKING SHEET

WEEK 1				
Weight	Fitness	Off the scales	Measurements	Goals hit
WEEK 2				
Weight	Fitness	Off the scales	Measurements	Goals hit
WEEK 3				
Weight	Fitness	Off the scales	Measurements	Goals hit
WEEK 4				
Weight	Fitness	Off the scales	Measurements	Goals hit
WEEK 5				
Weight	Fitness	Off the scales	Measurements	Goals hit