

### Behavior & Weight Tracker \*

| Objective(s)   | Week 1 |   |   |   |   |   |   | Week 2 |   |   |   |   |   |   | Week 3 |    |   |   |   |   |   | Week 4 |   |   |   |   |   |   |   |   |   |   |
|--|--------|---|---|---|---|---|---|--------|---|---|---|---|---|---|--------|----|---|---|---|---|---|--------|---|---|---|---|---|---|---|---|---|---|
| 1 Weigh 20+ lbs. less in 4 weeks than I currently weigh (Current weight: 275, Goal weight: 255 or less). |        |   |   |   |   |   |   |        |   |   |   |   |   |   |        |    |   |   |   |   |   |        |   |   |   |   |   |   |   |   |   |   |
| Behaviors  |        |   |   |   |   |   |   |        |   |   |   |   |   |   |        |    |   |   |   |   |   |        |   |   |   |   |   |   |   |   |   |   |
| Day of the Week ->   | 1      | 2 | 3 | 4 | 5 | 6 | 7 | T      | 1 | 2 | 3 | 4 | 5 | 6 | 7      | T  | 1 | 2 | 3 | 4 | 5 | 6      | 7 | T | 1 | 2 | 3 | 4 | 5 | 6 | 7 | T |
| 1 Walk: 5x/Wk - 30 min or more   | √      | √ | √ | √ | √ |   |   | 5      | √ | √ | √ | √ | √ | √ | √      | 7  | √ | √ | √ | √ | √ |        |   | 5 | √ | √ | √ | √ | √ |   |   | 5 |
| 2 Strength Trng: 3x/Wk - 20-30 min   | √      |   | √ |   | √ |   |   | 3      | √ |   | √ |   | √ |   | 3      | √  |   | √ |   | √ |   |        | 3 | √ |   | √ |   | √ |   |   | 3 |   |
| 3 Eat vegan meals 5 days/wk  | √      | √ | √ | √ | √ |   |   | 5      | √ | √ | √ | √ | √ | √ | 7      | √  | √ | √ | √ | √ |   |        | 5 | √ | √ | √ | √ | √ |   |   | 5 |   |
| 4 Max caloric intake/day: 1400 kcal  | √      | √ | √ | √ | √ | √ | √ | 7      | √ | √ | √ | √ | √ | √ | 7      | √  | √ | √ | √ | √ | √ | √      | 7 | √ | √ | √ | √ | √ | √ | √ | 7 |   |
| 5 12 oz glass filtered H2O 8+x/Day   | √      | √ | √ | √ | √ | x | √ | 6      | √ | √ | √ | √ | √ | x | 6      | √  | √ | √ | √ | √ | x | √      | 6 | √ | √ | √ | √ | √ | √ | √ | 7 |   |
| % Adherence  |        |   |   |   |   |   |   |        |   |   |   |   |   |   |        |    |   |   |   |   |   |        |   |   |   |   |   |   |   |   |   |   |
| 100  |        |   |   |   |   |   |   |        |   |   |   |   |   |   |        | √+ |   |   |   |   |   |        |   |   |   |   |   |   |   |   |   | √ |
| 90   |        |   |   |   |   |   |   | √      |   |   |   |   |   |   |        |    |   |   |   |   |   |        |   | √ |   |   |   |   |   |   |   |   |
| 80   |        |   |   |   |   |   |   |        |   |   |   |   |   |   |        |    |   |   |   |   |   |        |   |   |   |   |   |   |   |   |   |   |
| 70   |        |   |   |   |   |   |   |        |   |   |   |   |   |   |        |    |   |   |   |   |   |        |   |   |   |   |   |   |   |   |   |   |
| 60   |        |   |   |   |   |   |   |        |   |   |   |   |   |   |        |    |   |   |   |   |   |        |   |   |   |   |   |   |   |   |   |   |
| 50   |        |   |   |   |   |   |   |        |   |   |   |   |   |   |        |    |   |   |   |   |   |        |   |   |   |   |   |   |   |   |   |   |
| 40   |        |   |   |   |   |   |   |        |   |   |   |   |   |   |        |    |   |   |   |   |   |        |   |   |   |   |   |   |   |   |   |   |
| 30   |        |   |   |   |   |   |   |        |   |   |   |   |   |   |        |    |   |   |   |   |   |        |   |   |   |   |   |   |   |   |   |   |
| 20   |        |   |   |   |   |   |   |        |   |   |   |   |   |   |        |    |   |   |   |   |   |        |   |   |   |   |   |   |   |   |   |   |
| 10   |        |   |   |   |   |   |   |        |   |   |   |   |   |   |        |    |   |   |   |   |   |        |   |   |   |   |   |   |   |   |   |   |
| 0  |        |   |   |   |   |   |   |        |   |   |   |   |   |   |        |    |   |   |   |   |   |        |   |   |   |   |   |   |   |   |   |   |
| Weight   |        |   |   |   |   |   |   |        |   |   |   |   |   |   |        |    |   |   |   |   |   |        |   |   |   |   |   |   |   |   |   |   |
| 275  |        |   |   |   |   |   |   |        |   |   |   |   |   |   |        |    |   |   |   |   |   |        |   |   |   |   |   |   |   |   |   |   |
| 273  |        |   |   |   |   |   |   |        |   |   |   |   |   |   |        |    |   |   |   |   |   |        |   |   |   |   |   |   |   |   |   |   |
| 271  |        |   |   |   |   |   |   | √      |   |   |   |   |   |   |        |    |   |   |   |   |   |        |   |   |   |   |   |   |   |   |   |   |
| 269  |        |   |   |   |   |   |   |        |   |   |   |   |   |   |        |    |   |   |   |   |   |        |   |   |   |   |   |   |   |   |   |   |
| 267  |        |   |   |   |   |   |   |        |   |   |   |   |   |   |        |    |   |   |   |   |   |        |   |   |   |   |   |   |   |   |   |   |
| 265  |        |   |   |   |   |   |   |        |   |   |   |   |   |   |        |    |   |   |   |   |   |        |   |   |   |   |   |   |   |   |   |   |
| 263  |        |   |   |   |   |   |   |        |   |   |   |   |   |   |        | √  |   |   |   |   |   |        |   |   |   |   |   |   |   |   |   |   |
| 261  |        |   |   |   |   |   |   |        |   |   |   |   |   |   |        |    |   |   |   |   |   |        |   |   |   |   |   |   |   |   |   |   |
| 259  |        |   |   |   |   |   |   |        |   |   |   |   |   |   |        |    |   |   |   |   |   |        |   |   |   |   |   |   |   |   |   |   |
| 257  |        |   |   |   |   |   |   |        |   |   |   |   |   |   |        |    |   |   |   |   |   |        |   | √ |   |   |   |   |   |   |   |   |
| 255  |        |   |   |   |   |   |   |        |   |   |   |   |   |   |        |    |   |   |   |   |   |        |   |   |   |   |   |   |   |   |   |   |
| 253  |        |   |   |   |   |   |   |        |   |   |   |   |   |   |        |    |   |   |   |   |   |        |   |   |   |   |   |   |   |   |   |   |
| 251  |        |   |   |   |   |   |   |        |   |   |   |   |   |   |        |    |   |   |   |   |   |        |   |   |   |   |   |   |   |   |   | √ |
| 249  |        |   |   |   |   |   |   |        |   |   |   |   |   |   |        |    |   |   |   |   |   |        |   |   |   |   |   |   |   |   |   |   |
| 247  |        |   |   |   |   |   |   |        |   |   |   |   |   |   |        |    |   |   |   |   |   |        |   |   |   |   |   |   |   |   |   |   |
| 245  |        |   |   |   |   |   |   |        |   |   |   |   |   |   |        |    |   |   |   |   |   |        |   |   |   |   |   |   |   |   |   |   |
| 243  |        |   |   |   |   |   |   |        |   |   |   |   |   |   |        |    |   |   |   |   |   |        |   |   |   |   |   |   |   |   |   |   |
| 241  |        |   |   |   |   |   |   |        |   |   |   |   |   |   |        |    |   |   |   |   |   |        |   |   |   |   |   |   |   |   |   |   |
| 239  |        |   |   |   |   |   |   |        |   |   |   |   |   |   |        |    |   |   |   |   |   |        |   |   |   |   |   |   |   |   |   |   |
| 237  |        |   |   |   |   |   |   |        |   |   |   |   |   |   |        |    |   |   |   |   |   |        |   |   |   |   |   |   |   |   |   |   |
| 235  |        |   |   |   |   |   |   |        |   |   |   |   |   |   |        |    |   |   |   |   |   |        |   |   |   |   |   |   |   |   |   |   |
| 233  |        |   |   |   |   |   |   |        |   |   |   |   |   |   |        |    |   |   |   |   |   |        |   |   |   |   |   |   |   |   |   |   |
| 231  |        |   |   |   |   |   |   |        |   |   |   |   |   |   |        |    |   |   |   |   |   |        |   |   |   |   |   |   |   |   |   |   |
| 229  |        |   |   |   |   |   |   |        |   |   |   |   |   |   |        |    |   |   |   |   |   |        |   |   |   |   |   |   |   |   |   |   |
| 227  |        |   |   |   |   |   |   |        |   |   |   |   |   |   |        |    |   |   |   |   |   |        |   |   |   |   |   |   |   |   |   |   |
| 225  |        |   |   |   |   |   |   |        |   |   |   |   |   |   |        |    |   |   |   |   |   |        |   |   |   |   |   |   |   |   |   |   |

\* Tip: Set clear and measurable objectives (e.g., lose 20+ lbs. in 4 weeks)  
 \* Tip: ID clear and measurable strategic fitness behaviors that lead to your objs. (e.g., Walk: 5 x/wk - 30+ min)  
 \* Tip: Focus on your strategic weight management/fitness behaviors and expect to achieve your weight/fitness goals.  
 \* List up to 5 objectives (e.g., Walk 5x/wk, Eat All Veg 5x/wk, Strength Trng 5x/wk), track daily, add totals at end of wk; put obj. totals in percent form - track weekly; track weight - once a week, use weight range (e.g., 400 lbs-150 lbs) and increments that work for your needs (e.g., 10 lbs, 5 lbs)  
 \* Put the date (month/year) in the upper or lower margin on this page.

