

# Artistry & Strategy: Weight, Goal & Fitness Tracker

	Day of the Week	Date	#1♥:	#2♥:	#3♥:	Weight 30 Day Goal:	WHR ♥ 30 Day Goal:	Notes
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31								
A.♥♥								
B.♥♥								

♥#1, #2, & #3 should be three of your "must do's" to help you reach your goals. If the "must do" is daily, give yourself a grade♥♥ (consider adherence to plan, intensity/completeness of effort, etc.) every day; if it's a weekly "must do", you will only grade yourself every seven days. Examples of three "must do's" include: exercise program, eating plan, and positive self-talk. Whatever they are, be sure to fill yours in under #1, #2 & #3, along with your 30 Day Goal Weight & WHR: waist-to-hip ratio. Record your **Weight and WHR** once a week on the same day each week.  
 ♥♥Grades: A+ = 100%, A=95%, A- = 90%, B=80%, C=70%, D=60%, F=0%  
 ♥♥♥Use **Row A** to include your completion rates (# of times you filled in day & dates, grade averages for "must do's" #1,#2 & #3, and to compute the difference between your final "Weight" and "WHR" measurements compared to your goals for the month. Use **Row B** for Next Month's Goals for each column.