8-Week Fit Progress

WEEK 1	Pts	Mon	Tue	Wed	Thu	Fri	Sat	Sun		Beginning weight:
64 oz water	5									Ending weight:
No food after 9	5									Pounds lost:
3 c fresh or frozen veg or leafy greens	5									% lost:
½ c fresh or frozen fruit	5									
Food Journal	5									TOTAL pounds lost:
No Sugary treats (only 6 days)	5									
30 minutes of exercise (only 5 days)	5									
TOTAL:										TOTAL (___ possible)
No Exercise days	1.		2.		Treat day					
Measurements Bust: Waist: Hips: R thigh: L thigh: R Calf: L Calf: R upper arm: L upper arm:										

WEEK 2	Pts	Mon	Tue	Wed	Thu	Fri	Sat	Sun		Beginning weight:
64 oz water	5									Ending weight:
No food after 9	5									Pounds lost:
3 c fresh or frozen veg or leafy greens	5									% lost:
½ c fresh or frozen fruit	5									
Food Journal	5									TOTAL pounds lost:
No Sugary treats (only 6 days)	5									
30 minutes of exercise (only 5 days)	5									
TOTAL:										TOTAL (___ possible))
No Exercise days	1.		2.		Treat day					

WEEK 3	Pts	Mon	Tue	Wed	Thu	Fri	Sat	Sun		Beginning weight:
64 oz water	5									Ending weight:
No food after 9	5									Pounds lost:
3 c fresh or frozen veg or leafy greens	5									% lost:
½ c fresh or frozen fruit	5									
Food Journal	5									TOTAL pounds lost:
No Sugary treats (only 6 days)	5									
30 minutes of exercise (only 5 days)	5									

TOTAL:										TOTAL (___ possible)
No Exercise days	1.		2.		Treat day					

WEEK 4	Pts	Mon	Tue	Wed	Thu	Fri	Sat	Sun		Beginning weight:
64 oz water	5									Ending weight:
No food after 9	5									Pounds lost:
3 c fresh or frozen veg or leafy greens	5									% lost:
½ c fresh or frozen fruit	5									
Food Journal	5									TOTAL pounds lost:
No Sugary treats (only 6 days)	5									
30 minutes of exercise (only 5 days)	5									
TOTAL:										TOTAL (___ possible)
No Exercise days	1.		2.		Treat day					
Measurements Bust: Waist: Hips: R thigh: L thigh: R Calf: L Calf: R upper arm: L upper arm:										
Difference Bust: Waist: Hips: R thigh: L thigh: R Calf: L Calf: R upper arm: L upper arm: TOTAL:										

WEEK 5	Pts	Mon	Tue	Wed	Thu	Fri	Sat	Sun		Beginning weight:
64 oz water	5									Ending weight:
No food after 9	5									Pounds lost:
3 c fresh or frozen veg or leafy greens	5									% lost:
½ c fresh or frozen fruit	5									
Food Journal	5									TOTAL pounds lost:
No Sugary treats (only 6 days)	5									
30 minutes of exercise (only 5 days)	5									
TOTAL:										TOTAL (___ possible)
No Exercise days	1.		2.		Treat day					

WEEK 6	Pts	Mon	Tue	Wed	Thu	Fri	Sat	Sun		Beginning weight:
64 oz water	5									Ending weight:
No food after 9	5									Pounds lost:
3 c fresh or frozen veg or leafy greens	5									% lost:
½ c fresh or frozen fruit	5									

Food Journal	5									TOTAL pounds lost:
No Sugary treats (only 6 days)	5									
30 minutes of exercise (only 5 days)	5									
TOTAL:										TOTAL (___ possible)
No Exercise days	1.		2.		Treat day					

WEEK 7	Pts	Mon	Tue	Wed	Thu	Fri	Sat	Sun		Beginning weight:
64 oz water	5									Ending weight:
No food after 9	5									Pounds lost:
3 c fresh or frozen veg or leafy greens	5									% lost:
½ c fresh or frozen fruit	5									
Food Journal	5									TOTAL pounds lost:
No Sugary treats (only 6 days)	5									
30 minutes of exercise (only 5 days)	5									
TOTAL:										TOTAL (___ possible)
No Exercise days	1.		2.		Treat day					

WEEK 8	Pts	Mon	Tue	Wed	Thu	Fri	Sat	Sun		Beginning weight:
64 oz water	5									Ending weight:
No food after 9	5									Pounds lost:
3 c fresh or frozen veg or leafy greens	5									% lost:
½ c fresh or frozen fruit	5									
Food Journal	5									TOTAL pounds lost:
No Sugary treats (only 6 days)	5									
30 minutes of exercise (only 5 days)	5									
TOTAL:										TOTAL (___ possible)
No Exercise days	1.		2.		Treat day					

Measurements Bust: Waist: Hips: R thigh: L thigh: R Calf: L Calf: R upper arm: L upper arm:

Difference - Bust: Waist: Hips: R thigh: L thigh: R Calf: L Calf: R upper arm: L upper arm:

TOTAL inches lost: