

Name: _____

Weight: _____

Height: _____

My Progress

Circle and explain your lifestyle changes that you accomplished *this last month*. **You must choose at least one diet and one exercise thing you did. If you weren't able to do anything for diet or exercise this month, write why.**

My Diet Progress
✓ I tracked my food and beverages with food journal or phone app
✓ I tracked my Calories & protein. I ate _____ Calories per day (Women: aim for 1200-1500 Calories per day, Men: aim for 1500 – 1800 Calories per day)
✓ I Avoided soda, juice, sports drinks, sweetened tea and any other drinks with sugar
✓ I decreased or eliminated fast-food meals
✓ I drank at least 48-64 oz of water or sugar free beverages without carbonation
✓ I ate least 5 servings of fruit and vegetables per day
✓ I used smaller plates for meals (7 to 9 inches)
✓ I Paid attention to physical hunger and moderate fullness
✓ I Identified triggers for eating when not hungry and chose an alternative activity
✓ Other:

My Exercise Progress
✓ I walked _____ minutes _____ days per week
✓ I used an exercise video for _____ minutes _____ days a week
✓ I Used an elliptical machine, bike, rowing machine or stair stepper for _____ minutes _____ days per week
✓ I Swam for _____ minutes _____ days per week
✓ I did resistance training for _____ minutes _____ times per week
✓ I did a group activity (fitness class, sport, etc.) for _____ minutes _____ days a week
✓ Other:

Name: _____

Goal Worksheet:

Pick at least one challenging, but realistic diet and exercise goal for the month. Be specific!

My diet goal is: _____

My exercise goal is: _____

Make a plan! What will you do to accomplish your goals? Think about what, where, and with whom.

My Plan for reaching my diet goal is:

1. _____
2. _____
3. _____

My Plan for reaching my exercise goal is:

4. _____
5. _____
6. _____

Think about things that may prevent you from reaching your goal

An obstacle I may face for my diet goal is:

An obstacle I may face for my exercise goal is:

What things can you do to overcome these obstacles?

Determine who around you can help you reach your goal.

People that can help me are: _____