Name: ______ Weight: _____ Height: _____

My Progress

<u>Circle</u> 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 Die	et Progress
~	I tracked my food and beverages with food journal or phone app
\checkmark	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: _____