

# My Weekly Progress Report

**Week beginning** \_\_\_/\_\_\_/\_\_\_ **and ending** \_\_\_/\_\_\_/\_\_\_

My daily weight record: *(recorded in the morning every day)*

| Day       | Weight (morning)                  | Calculate |
|-----------|-----------------------------------|-----------|
| Monday    |                                   |           |
| Tuesday   |                                   |           |
| Wednesday |                                   |           |
| Thursday  |                                   |           |
| Friday    |                                   |           |
| Saturday  |                                   |           |
| Sunday    |                                   |           |
|           | <b>Add all days for sub-total</b> |           |
|           | <b>Divide by 7</b>                |           |
|           | <b>Week's Average Weight:</b>     |           |

Starting weight **this** week: \_\_\_\_\_ Ending weight **this** week: \_\_\_\_\_  
**This** week's weight loss/gain: \_\_\_\_\_

*Starting weight last week:* \_\_\_\_\_ *Ending weight last week:* \_\_\_\_\_  
*Weight change since last week:* \_\_\_\_\_

## **This week:**

Waist measurement: \_\_\_\_\_  
*(around the waist one inch above the belly button)*

Hip measurement: \_\_\_\_\_  
*(around the largest part of the buttocks)*

Waist to hip ratio: *(divide waist measurement by hip measurement)* \_\_\_\_\_

## **Last week:**

Waist measurement: \_\_\_\_\_  
*(around the waist one inch above the belly button)*

Hip measurement: \_\_\_\_\_  
*(around the largest part of the buttocks)*

Waist to hip ratio: *(divide waist measurement by hip measurement)* \_\_\_\_\_

## **WINS!**

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## **THINGS TO WORK ON:**

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