

# Weight Loss Goal Tracker

## Example Worksheet

**EMPOWER  
HUMANS**

In this goal tracker, write down your *specific, measurable, and attainable* goals. Also, keep track of how you feel throughout the day. The focus is *not* on how much weight you've lost, but rather how you feel about yourself.

Date: November 23-29, 2008

Today's Goal:

How Do I Feel Today?

<input type="checkbox"/>	<b>Sunday</b>	Try a new vegetable stir fry recipe for dinner.	Tired at first, but the light dinner provided an energy boost.
<input type="checkbox"/>	<b>Monday</b>	Go for a 10-minute brisk walk, 3 times today during my breaks.	Felt refreshed after the short walks.
<input type="checkbox"/>	<b>Tuesday</b>	Drink 8 glasses of water throughout the day.	A little bloated throughout the day. The water helped cleanse my system.
<input type="checkbox"/>	<b>Wednesday</b>	Do 50 jumping jacks, three times throughout the day.	Felt a little silly doing the jumping jacks, but I was able to focus more today.
<input type="checkbox"/>	<b>Thursday</b>	Eat a vegetarian diet today (beans, vegetables, and/or fish).	Didn't enjoy the vegetables at first, but didn't feel as 'heavy' after dinner.
<input type="checkbox"/>	<b>Friday</b>	Deny all junk foods and sweets.	This was tough! I was a little irritable because I wanted my sugar fix.
<input type="checkbox"/>	<b>Saturday</b>	Go to the gym for a 45-minute workout.	It took a while to get motivated, but I felt energized after exercising.

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Today's Goal:

How Do I Feel Today?

<input type="checkbox"/>	<b>Sunday</b>		
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<input type="checkbox"/>	<b>Tuesday</b>		
<input type="checkbox"/>	<b>Wednesday</b>		
<input type="checkbox"/>	<b>Thursday</b>		
<input type="checkbox"/>	<b>Friday</b>		
<input type="checkbox"/>	<b>Saturday</b>		

## Examples:

1. Drink 8 glasses of water today
2. Try a new, healthy recipe
3. Be a vegetarian for the day
4. Deny any junk foods or sweets today
5. Go for a 10-minute brisk walk, three times today
6. Take a 30-minute brisk walk
7. Go to the gym for a 45-minute workout
8. Do 50 jumping-jacks, three times today