

Eat The Weight Off

eattheweightoff.com/progress-tracker

Progress Tracker Worksheet

Progress is more than a number on the scale. Use this sheet each week to capture the fuller picture — then log your weight and trend anytime in your member Progress Tracker online.

Name: _____ Week of: _____ Start Date: _____

This Week's Check-In

use whichever unit you prefer — lbs or kg

Starting Weight: _____ Weight: _____ Target Weight: _____
Difference from last week: _____ Difference from target: _____

Measurements

optional — track only what's useful to you

Neck: _____ Chest: _____ Waist: _____
Hips: _____ Thighs: _____ Arms: _____
Other: _____

How I'm Feeling

Energy this week: Low ☐ ☐ ☐ ☐ ☐ High
Mood this week: ☐ Great ☐ Good ☐ Okay ☐ Tough
In a few words, how did this week go?

Non-Scale Victories

what went well that had nothing to do with the scale?

Daily Habits

check off what you showed up for — no streaks to break, just a record

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Water	☐	☐	☐	☐	☐	☐	☐
Movement	☐	☐	☐	☐	☐	☐	☐
Sleep	☐	☐	☐	☐	☐	☐	☐
Meals	☐	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐	☐

Goals & Milestones

My current goal: _____
Next milestone: _____ Target date: _____

Notes & Reflections

You don't have to do this alone.

Share this week's win in the [Community Forums](#) • See what's happening in [Motivation & Challenges](#).

This worksheet is for personal tracking only and isn't medical advice — talk to your doctor before changing your diet or exercise routine.

Eat The Weight Off | Your full digital tracker (weight, target, trend & notes) lives at eattheweightoff.com/progress-tracker