

VGB Motivation & Progress Chart

Name:

Goal Weight: ; Sub-goal weight:

Date began:

Date reached:

Rule No	RULE	WEEKLY or Fortnightly or Monthly RECORD														
		Month of					Month of					Month of				
		Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5
1	Buy & View something new Tick if you saw it every day ..√...															
2	Listen to the Support CD Twice daily to wk 8; x1/d to wk 12; X4/wk to wk 16; x2/wk to w20; x1/w to w26															
3	Eat s l o w l y ... & enjoy it															
4	<u>Stop</u> eating when comfy.															
5	Eat <i>smaller</i> meals															
6	3 / meals / daily (no snacks between)															
7	~~~Drink lots of fluids ~~~ (and one LARGE glass before each meal)															
8	Take a multi-vitamin (daily, for 6-8 weeks)															
9	Check what you eat Were my meals healthy & well balanced?															
10	Every week, am I exercising & <u>Value-adding</u> activities?															
Tummy (ball) on table for main meals?																
<u>Measurements:</u> Weight (weekly) Start Weight:																
Weight lost this week																
TOTAL weight lost																
Waist in cms. (fortnightly or monthly)/ cms lost Start Measurement:																

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6	3 / meals / daily (no snacks between)															
7	~~~Drink lots of fluids ~~~ (and one LARGE glass before each meal)															
8	Take a multi-vitamin (daily, for 4-6 weeks)															
9	Check what you eat Were my meals healthy & well balanced?															
10	Every week, am I exercising & <u>Value-adding</u> activities?															
Tummy (ball) on table for main meals?																
<u>Measurements:</u> Weight (weekly) Start Weight:																
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Waist in cms. (fortnightly or monthly)/ cms lost Start Measurement:																