

MAINTAIN DON'T GAIN

WEEKLY PERSONAL TRACKER

I pledge to enjoy this holiday season by being more thankful than stressed, focusing more on the true meaning of the holidays than on commercial distractions, and ringing in the New Year with family and friends instead of focusing too much on food and alcohol. I'll use this tracker to help me stay on the path to success.

Week	Weight (optional)	Weight change (check one)			Notes (e.g., nutrition and physical activity success stories)
		Lost	Gained	Maintained	
Week 1 11/12–11/18					<hr/> <hr/>
Week 2					<hr/> <hr/>
Week 3					<hr/> <hr/>
Week 4					<hr/> <hr/>
Week 5					<hr/> <hr/>
Week 6					<hr/> <hr/>
Week 7					<hr/> <hr/>
Week 8					<hr/> <hr/>