

Name: _____ Progress Tracking Chart Month: _____

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Three small, easy food-related changes I want to make this month are to....

- 1)
- 2)
- 3)

A non-food habit I want to have in my life is to

- 1)

**Healthy Weight Loss and Lifestyle Changes ..Water or a fizzy drink?
The stairs or the escalator?
The couch or a weekend hike?
Salmon with salad and a glass of red or fish 'n chips and umpteen beers...
Small choices, yes. But they add up to BIG lifestyle change.**

Comments: