

**NAME:** \_\_\_\_\_

**BENEFITS:** My top 4 reasons for letting go of my excess weight are:

Examples: I look and feel so fantastic. I have more energy.

1. I \_\_\_\_\_

2. I \_\_\_\_\_

3. I \_\_\_\_\_

4. I \_\_\_\_\_

**My Strengths:** examples: dependable, smart

**My Weaknesses:**

1. \_\_\_\_\_ 1. \_\_\_\_\_

2. \_\_\_\_\_ 2. \_\_\_\_\_

3. \_\_\_\_\_

- I want to let go of: \_\_\_\_\_ pounds
- I want to weigh: \_\_\_\_\_ pounds in size: \_\_\_\_\_ by date: \_\_\_\_\_

	DATE	May 19	May 26	June 2	June 9			
<b>WEIGHT</b> always use the same scale								
<b>SIZE</b> pants / top								
<b>BUST</b> w/bra or <b>CHEST*</b>								
<b>WAIST*</b>								
<b>HIP*</b>								
<b>L. ARM*</b> widest part								
<b>R. ARM*</b> widest part								
<b>L. THIGH*</b> mid thigh								
<b>R. THIGH*</b> mid thigh								

\* measure directly on the skin

NAME: \_\_\_\_\_

**BENEFITS:** My top 4 reasons for letting go of my excess weight are:

Examples: I look and feel so fantastic. I have more energy.

1. I \_\_\_\_\_

2. I \_\_\_\_\_

3. I \_\_\_\_\_

4. I \_\_\_\_\_

**My Strengths:** examples: dependable, smart

**My Weaknesses:**

1. \_\_\_\_\_ 1. \_\_\_\_\_

2. \_\_\_\_\_ 2. \_\_\_\_\_

3. \_\_\_\_\_

- I want to let go of: \_\_\_\_\_ pounds
- I want to weigh: \_\_\_\_\_ pounds in size: \_\_\_\_\_ by date: \_\_\_\_\_

	DATE	May 19	May 26	June 2	June 9				
<b>WEIGHT</b> <small>always use the same scale</small>									
<b>SIZE</b> <small>pants / top</small>									
<b>BUST</b> <small>w/bra or CHEST*</small>									
<b>WAIST*</b>									
<b>HIP*</b>									
<b>L. ARM*</b> <small>widest part</small>									
<b>R. ARM*</b> <small>widest part</small>									
<b>L. THIGH*</b> <small>mid thigh</small>									
<b>R. THIGH*</b> <small>mid thigh</small>									

\* measure directly on the skin