

12 Month Tracker

First, set your goals. Keep in mind that transforming your health isn't all about the scale. So remember to celebrate all of your successes. We all have good and bad days. The important thing is that you keep going!

Let's Set Some Goals

What's your why – your true motivation for starting this journey? We bet it's more than seeing a certain number on the scale.

1

Date: _____
Month/Day/Year

Weight: _____

R. Arm	L. Arm	Chest	Waist	Hips	R. Thigh	L. Thigh

2

Date: _____
Month/Day/Year

Weight: _____

R. Arm	L. Arm	Chest	Waist	Hips	R. Thigh	L. Thigh

3

Date: _____
Month/Day/Year

Weight: _____

R. Arm	L. Arm	Chest	Waist	Hips	R. Thigh	L. Thigh

4

Date: _____
Month/Day/Year

Weight: _____

R. Arm	L. Arm	Chest	Waist	Hips	R. Thigh	L. Thigh

5

Date: _____
Month/Day/Year

Weight: _____

R. Arm	L. Arm	Chest	Waist	Hips	R. Thigh	L. Thigh

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6

Date: _____
Month/Day/Year

Weight: _____

R. Arm	L. Arm	Chest	Waist	Hips	R. Thigh	L. Thigh

7

Date: _____
Month/Day/Year

Weight: _____

R. Arm	L. Arm	Chest	Waist	Hips	R. Thigh	L. Thigh

8

Date: _____
Month/Day/Year

Weight: _____

R. Arm	L. Arm	Chest	Waist	Hips	R. Thigh	L. Thigh

9

Date: _____
Month/Day/Year

Weight: _____

R. Arm	L. Arm	Chest	Waist	Hips	R. Thigh	L. Thigh

10

Date: _____
Month/Day/Year

Weight: _____

R. Arm	L. Arm	Chest	Waist	Hips	R. Thigh	L. Thigh

11

Date: _____
Month/Day/Year

Weight: _____

R. Arm	L. Arm	Chest	Waist	Hips	R. Thigh	L. Thigh

12

Date: _____
Month/Day/Year

Weight: _____

R. Arm	L. Arm	Chest	Waist	Hips	R. Thigh	L. Thigh