

Artistry & Strategy: Weight, Goal & Fitness Tracker

	Day of the Week	Date	#1	#2	#3	Weight 30 Day Goal:	WHR 30 Day Goal:	Notes
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
13								
14								
15								
16								
17								
18								
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21								
22								
23								
24								
25								
26								
27								
28								
29								
30								
31								
A.999								
B.999								

#1, #2, & #3 should be three of your "must do's" to help you reach your goals. If the "must do" is daily, give yourself a grade **vv** (consider adherence to plan, intensity/completeness of effort, etc.) every day; if it's a weekly "must do", you will only grade yourself every seven days. Examples of three "must do's" include: exercise program, eating plan, and positive self-talk. Whatever they are, be sure to fill yours in under #1, #2 & #3, along with your 30 Day Goal Weight & WHR: waist-to-hip ratio. Record your **Weight and WHR** **goals** a week on the same day each week.
vvGrades: A+ = 100%, A = 99%, A- = 90%, B = 80%, C = 70%, D = 60%, F = 0%
vvv Use **Row A** to include your completion rates (# of times you filled in day & dates, grade averages for "must do's" #1, #2 & #3, and to compute the difference between your final "Weight" and "WHR" measurements compared to your goals for the month. Use **Row B** for Next Month's Goals for each column.