**Progress Record**

**Do you want to lose weight?**

A lot of people say they want to lose weight, but is that really what they want? Or do they actually want to look better or fit into a smaller dress size? Unless you need to be a specific weight for sport, weight loss isn’t your goal, so why do you need to weigh yourself every day? It would make more sense to take a picture of yourself or measure your waist each week.

The downside of only using pictures and measurements to track your progress is that you are going to see a great deal of change from week to week which can be disheartening, so the best option may be to track all 3. Once a week on the same day and time;

1. Take two pictures of yourself naked or in underwear (if you’re worried about somebody seeing the pictures then find out how to password protect folders in your phone). One from the front and one from the side.
2. Measure your waist and any other measurements you want to take.
3. Weigh yourself

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| Date | Picture | Measurements | Weight | Did I stick to my habit last week? | Thoughts or notes |
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