

FamilyCircle slim down scorecard

	mon	tues	wed	thurs	fri	sat	sun
week 1							
week 2							
week 3							
week 4							

Print this progress log each month to motivate yourself to lose weight. Give yourself 1 point for every healthy choice: eating a nutritious dinner, skipping a doughnut at the office meeting, working out at the gym or walking around your neighborhood. Treat yourself to a gold star and a non-caloric reward when you earn 20 points. Then start tallying your points from 0 again and watch the pounds melt away.