

Week: \_\_\_\_\_

# Goal & Behavioral Tracker

**Directions:** Think about how you would rate yourself for each goal listed for each day of the week. Rate yourself on a scale of 1-5, with 1 being the lowest and 5 being the highest.

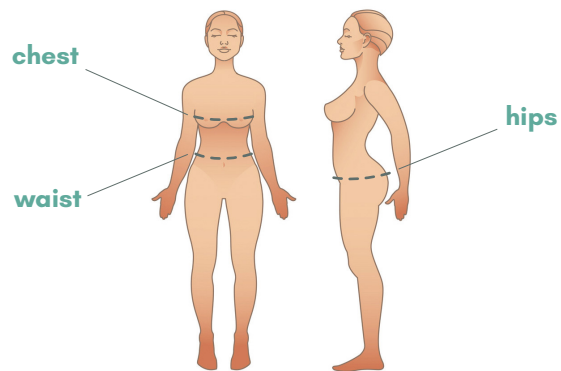
GOAL	MON	TUES	WED	THURS	FRI	SAT	SUN
ENERGY							
SLEEP							
MOOD							
STRESS							
HUNGER							
MOTIVATION							
WEIGHT							

## Measurements:

Waist (belly line) \_\_\_\_\_ inches

Hips (above butt crack) \_\_\_\_\_ inches

Chest (nipple line) \_\_\_\_\_ inches



Any challenges coming up in the next week that would keep you from achieving your goals?

Any things you are proud of that you achieved this week to get closer to your goals?

