



@free2bemecenter

Thank you so much for downloading the attached worksheets. I hope you will find these helpful in your weight loss journey. Taking responsibility for your health is no small task. Please be sure to visit [Freetobemecenter.com](https://www.freetobemecenter.com) for additional documents you may find helpful in your journey.

As always, take care of you,

Mary

|  | <b>Breakfast</b> | <b>Lunch</b> | <b>Dinner</b> | <b>Snacks</b> | <b>Total</b> | <b>Notes</b> |
|--|------------------|--------------|---------------|---------------|--------------|--------------|
| <b>Mon</b><br><b>Square:</b><br><b>B L D</b>   |                  |              |               |               |              |              |
| <b>Tues</b><br><b>Square:</b><br><b>B L D</b>  |                  |              |               |               |              |              |
| <b>Wed</b><br><b>Square:</b><br><b>B L D</b>   |                  |              |               |               |              |              |
| <b>Thurs</b><br><b>Square:</b><br><b>B L D</b> |                  |              |               |               |              |              |
| <b>Fri</b><br><b>Square:</b><br><b>B L D</b>   |                  |              |               |               |              |              |
| <b>Sat</b><br><b>Square:</b><br><b>B L D</b>   |                  |              |               |               |              |              |
| <b>Sun</b><br><b>Square:</b><br><b>B L D</b>   |                  |              |               |               |              |              |

## Daily Monitoring sheet: How am I doing?

Weight: \_\_\_\_\_

|      | Meals : Were they full of low calorie density foods? | Guided by hunger?        | Daily steps # | Favorite meals or snacks? | Daily personal goal |
|------|--|--------------------------|---------------|---------------------------|---------------------|
| Mon  | Yes<br>Mostly<br>Improve                             | Yes<br>Mostly<br>Improve |               |                           |                     |
| Tues | Yes<br>Mostly<br>Improve                             | Yes<br>Mostly<br>Improve |               |                           |                     |
| Wed  | Yes<br>Mostly<br>Improve                             | Yes<br>Mostly<br>Improve |               |                           |                     |
| Thus | Yes<br>Mostly<br>Improve                             | Yes<br>Mostly<br>Improve |               |                           |                     |
| Fri  | Yes<br>Mostly<br>Improve                             | Yes<br>Mostly<br>Improve |               |                           |                     |
| Sat  | Yes<br>Mostly<br>Improve                             | Yes<br>Mostly<br>Improve |               |                           |                     |
| Sun  | Yes<br>Mostly<br>Improve                             | Yes<br>Mostly<br>Improve |               |                           |                     |

## Plot your weight loss success!

