

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 for additional documents you may find helpful in your journey.

As always, take care of you,

Mary

	Dinner	Snacks	Total	Notes

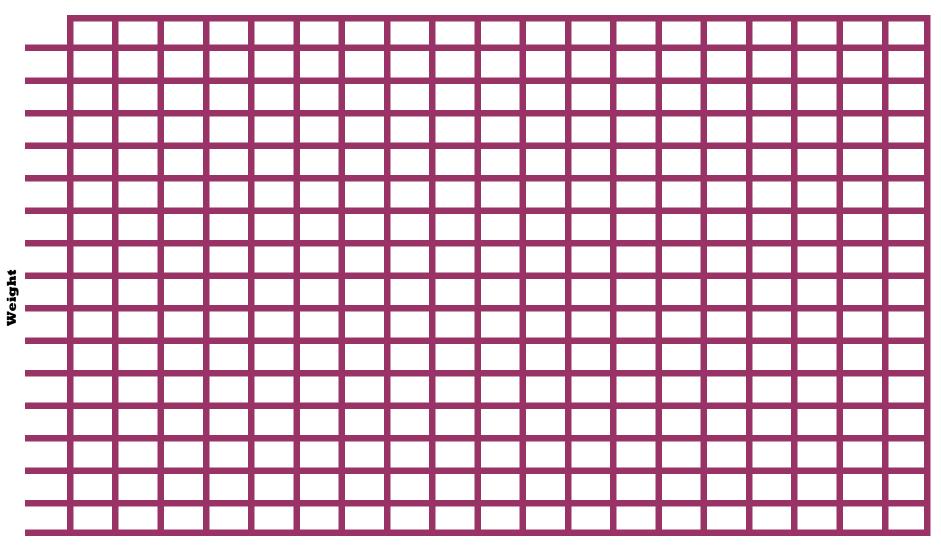
Daily Monitoring sheet: How am I doing?

Weight:____

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



Plot your weight loss success!



Week