

## BestChoiceChanges Progress Reporting

**Contact:** [Mikki@BestChoiceChanges.com](mailto:Mikki@BestChoiceChanges.com) at the recommended intervals of your plan and protocol so that I may track your progress and support you to maximize your weight loss efforts. I may identify subtle or obvious changes that may help you achieve optimal weight loss on your plan.

**Date:**  
**Following Loading Phase 1**  
Weight after loading \_\_\_\_\_.  
Were measurements taken \_\_\_\_\_

**Date:**  
**Following Week 1**  
Weight lost \_\_\_\_\_ How you are feeling \_\_\_\_\_.  
Questions or concerns: \_\_\_\_\_.

**Date:**  
**Follow up Day Week 2**  
Weight lost \_\_\_\_\_ How you are feeling \_\_\_\_\_.  
Report any constipation, plateaus or sluggish stalls \_\_\_\_\_.  
Questions or Concerns: \_\_\_\_\_.

**Date:**  
**Follow up Day Week 3**  
Weight lost \_\_\_\_\_ Total weight lost to date \_\_\_\_\_.

**Date:**  
**Final Day report:**  
Total weight lost \_\_\_\_\_ Total inches lost \_\_\_\_\_.  
Clothing size change \_\_\_\_\_.  
General feeling of health and well being: \_\_\_\_\_.

Be sure to login to your Community page through the Client Login link at [www.BestChoiceChanges.com](http://www.BestChoiceChanges.com) for further information on Stabilization and lifetime Maintenance.

**Congratulations!**

*Mikki Funderburke RN,  
Director of Services*