

Community Ministry of Prince George’s County Weight Loss and Obesity Self-Tracking Program

Please use this form to chart/record your weight loss progress. Please visit the CMPGC.com website for weight loss and wellness resources and ideas from [health.gov](http://health.gov), [cdc.org](http://cdc.org), and [who.org](http://who.org). Please discuss your physical and dietary decisions with your healthcare provider and follow their recommendations for your personal journey. Forms for logging your meals and physical activities are available to download from the CMPGC website.

We ask that you monitor your progress and provide minimum generic personal information, including your initials and zip code as you chart your progress. We will invite you to virtual events and presentations to support your efforts.

**Personal Tracking Chart:** Initials/ZipCode: \_\_\_\_\_; Start Program Date \_\_\_\_\_

| Record beginning information across this row: | Weight: _____ | Body Mass Index (BMI): _____ | # Hours Physical Activity per week: _____ |
|---|---------------|------------------------------|---|
| Reduced or increased Caloric Intake**         |               |                              |   |
| Increased physical activity                   |               |                              |   |
| Decreased BMI*                                |               |                              |   |
|   |               |                              |   |
| Weight loss – maintained 60 days              |               |                              |   |
|   |               |                              |   |
| Weight loss- maintained 90 days               |               |                              |   |
|   |               |                              |   |
| Weight loss – maintained 180 days             |               |                              |   |
|   |               |                              |   |
|   |               |                              |   |

Daily weight, nutrition, & exercise tracking app-see <https://www.myfitnesspal.com>

\* See BMI calculator on CMPGC website

\*\*Food Log

Inspiration Note: I’m better than I used to be. Better than I was yesterday. But hopefully not as good as I will be tomorrow. Marianne Williamson

***The information on this webpage is for informational and educational purposes and should not be used in place of advice from or consultation with your medical/health care providers. Always seek the advice of your doctor or other qualified health professionals with any questions you may have regarding your health and weight loss goals.***