the center
For Naturopathic Medicine & Functional Nutrition

Long-Term Weight Management Habits
Weekly Goal Tracking Sheet

Name: _____ **Week of:** _____

FOOD HABITS	MON	TUE	WED	THUR	FRI	SAT	SUN
Weekly meal prep							
Ate breakfast							
Ate lunch							
Ate dinner							
Ate meals mindfully							

NUTRIENT GOALS	MON	TUE	WED	THUR	FRI	SAT	SUN
I reached my protein goal today: 1-1.5 g protein/kg body weight (0.45-0.68 g protein per/lb body weight) per day.							
I reached my fiber goal today: F: 25g / M: 38g							
I reached my micronutrient goal by eating a variety of fruits and vegetables today							
I reached my water goal today: 8 glasses (64 fl oz) of water per day							

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MOVEMENT GOALS	MON	TUE	WED	THUR	FRI	SAT	SUN
I strength trained today							
I did cardiovascular training today							
I practiced yoga today							
I went for a walk today							
Other form of movement:							

Weekly Self Reflection:

Use this space to write how you feel about your progress this week. What you think went well and what you need to work on moving forward.

The key is not perfection but rather to make these healthy habits a part of your everyday life in a way that works for you.