



Healthy Weight Challenge Tracker

FOR PERSONAL USE ONLY

Name _____

Agency/Department _____

DIRECTIONS: Select a day to weigh in weekly. Aim to stay on top of your tracking each week!

I will weigh-in this day each week: (Circle one.)		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Date of Weigh-In	Weight		Weight Change (Start - Current)	% Weight Change* (Weight Change ÷ Start) x 100			
Start								
Week 1								
Week 2								
Week 3								
Week 4								
Week 5								
Week 6								
Week 7								
Week 8								

*Percentage Weight Change = (Start Weight) - _____ (Current Weight) = _____ (Weight change) ÷ _____ (Start Weight) x 100

Once the challenge is complete, fill out [THIS SURVEY](#) to let us know you participated!