

Your Challenge Weight Tracker

28day
challenge
with **LighterLife**®

Its important
to set a goal
for yourself!

In 28 days I want to:

| | Hips | Waist | Thighs | Weight | Weight Lost | Happy / Sad |
|------------|------|-------|--------|--------|-------------|-------------|
| Start | | | | | | 😊 |
| Week 1 | | | | | | 😊 |
| Week 2 | | | | | | 😊 |
| Week 3 | | | | | | 😊 |
| Week 4 | | | | | | 😊 |
| Total Lost | | | | | | 😊 |

Amazing FREE Support every step of the way! Incl. personal mentor support & LIVE CBT Mindfulness sessions

PLUS additional tips, advice and inspiration on our Facebook Communities and LighterLife Official Client Support Groups.

Some questions to help you.

Use the below questions for continual review and reflection during your 28-day journey. Check through them regularly, and if you choose not to, ask yourself why, and make a note of the reason.

- What am I finding useful?
- What were my achievements (large and small)?
- Am I satisfied with the way I managed?
- What can I learn from my recent experiences?
- How confident am I for my progress?
- How can I manage the hurdles?
- Do I need to do anything differently?

Notes:

Week 1: _____

Week 2: _____

Week 3: _____

Week 4: _____
