

# MY WEIGHT LOSS

# Journey

I'M DOING THIS FOR ME. FOR MY FUTURE. FOR MY FREEDOM. ♥

STARTING WEIGHT: \_\_\_\_\_ (KG / LB)

GOAL WEIGHT: \_\_\_\_\_ (KG / LB)

TOTAL LOSS GOAL: \_\_\_\_\_ (KG / LB)

➤ *One day at a time. One choice closer to my best self.* ➤

**RECORD YOUR WEIGHT EVERY DAY AS IT TRENDS DOWN.**

Weigh yourself each day (same time, same conditions) and write it down.  
At the end of 30 days, write your total weight loss for this 30-day period.

## 30-DAY WEIGHT TRACKER

TOTAL LOST THIS 30 DAYS: \_\_\_\_\_

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
KG / LB	KG / LB	KG / LB	KG / LB	KG / LB	KG / LB	KG / LB	KG / LB	KG / LB	KG / LB

★ TIP: Small steps every day lead to big changes.

DAY 11	DAY 12	DAY 13	DAY 14	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
KG / LB	KG / LB	KG / LB	KG / LB	KG / LB	KG / LB	KG / LB	KG / LB	KG / LB	KG / LB

TIP: Stay consistent. Your future self is cheering for you!

DAY 21	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
KG / LB	KG / LB	KG / LB	KG / LB	KG / LB	KG / LB	KG / LB	KG / LB	KG / LB	KG / LB

**CELEBRATE YOUR PROGRESS!**

### MILESTONE 1

**REWARD YOURSELF!**  
You showed up for you for 10 days.  
Celebrate your discipline!

END OF DAY 10  
TOTAL LOSS:

(KG / LB)

### MILESTONE 2

**TREAT YOURSELF!**  
Keep going! You're building habits and becoming stronger every day.

END OF DAY 20  
TOTAL LOSS:

(KG / LB)

### MILESTONE 3

**YOU DESERVE THIS!**  
Look how far you've come!  
Your future self is so proud of you.

END OF DAY 30  
TOTAL LOSS:

(KG / LB)

### FINAL MILESTONE

**YOU DID IT!**  
Celebrate all of your hard work and the incredible person you've become!



*Discipline today,  
freedom tomorrow.*

- ✔ Motivation will come and go, but discipline will carry you through.
- ✔ The days you don't feel like it are the days that shape you the most.
- ✔ Don't give up. Don't stop. Keep going.
- ✔ Your future self is counting on you.

**SUCCESS IS EVERYTHING.  
THIS IS YOUR FUTURE.**



#### REFLECT EVERY 10 DAYS

Take a few moments at the end of each 10-day milestone to journal how you feel, what you're proud of, any challenges, and what you'll focus on next.  
This helps you stay aware, motivated and accountable!

TODAY'S CHOICES =  
TOMORROW'S RESULTS

- ✔ Eat nourishing food
- ✔ Move your body
- ✔ Drink your water
- ✔ Get enough sleep
- ✔ Think positive
- ✔ Stay consistent

👑  
**STAY ON TRACK  
AND WATCH YOUR  
LIFE TRANSFORM.**

#### VISUAL PROGRESS: STRING METHOD

Use TWO pieces of string at your starting waist measurement to visually track your progress.

#### YOU WILL NEED:

2 pieces of string (measured at your starting waist size)



#### HOW IT WORKS:

- 1 Measure your waist with a string at your starting weight.
- 2 Cut BOTH strings to that same length.
- 3 Keep one string as your "Starting size".
- 4 As you lose weight, re-measure using the second string and trim it.

#### HOW TO COMPARE:

Place both strings side by side to see your progress!

STARTING STRING      CURRENT STRING

The difference is your progress!

AFTER DAYS 1-10  
How do I feel?

  
  


AFTER DAYS 11-20  
How do I feel?

  
  


AFTER DAYS 21-30  
How do I feel?

  
  


*A little note from The Body Nurse*

I'm so proud of you for showing up for yourself and your future.  
This is your journey. You've got this. Progress, not perfection. Keep going, and never forget how strong you are. ♥