



Monthly Analysis

Month: _____

Weight at the beginning of the month: _____

This is the amount of weight I lost this month: _____

Weight at the end of the month: _____

This month I had _____ entries in my Personal Thoughts Journal.

This month I set _____ Action Items.

This month I completed _____ Action Items.

This month for achieving my goals, I am rewarding myself :

This is how I feel about my success this month:

These are things I need to work on for next month:
