

Progress Tracker

A gentle weekly log. Numbers are optional — how you feel is not. Track once a week at the same time (morning, after the bathroom, before eating).

Baseline (Week 0)

Date	Waist (in/cm)	Weight (opt.)	Waist-to-height ratio

Weekly log

Numbers below are optional. What isn't optional: noticing your energy, sleep, and how the routine feels.

Week	Date	Waist	Weight (opt.)	Sleep avg (hrs)	Steps avg
Week 1					
Week 2					
Week 3					
Week 4					
Week 5					
Week 6					
Week 7					
Week 8					

Non-scale wins to notice

Tick off any that felt true each week. These matter more than the numbers.

- ☐ Steadier energy through the day
- ☐ Better, more consistent sleep
- ☐ Clothes fitting more comfortably
- ☐ Calmer, clearer mood
- ☐ Fewer cravings
- ☐ A habit starting to feel automatic
- ☐ Feeling proud of showing up for the routine

How I want to feel by the end of this cycle

Gentle reminder

If checking a number ever makes you feel worse, skip that column. Your body is not a scoreboard — it's your body. Consistency in the habits beats obsession with the numbers, every time.