|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **GOAL WEIGHT**  **tHE NEW YOU PLAN SUMMER COUNTDOWN CALENDAR** | **Mon** | **Tue** | **Wed** | **Thurs** | **Fri** | **Sat** | **Sun** |
| Weight Today | APRIL 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| Goal Weight  Actual Weight | 30 | MAY 1 | 2 | 3 | 4 | 5 | 6 |
| Goal Weight  Actual Weight | 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| Goal Weight  Actual Weight | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| Goal Weight  Actual Weight | 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| Goal Weigh  Actual Weight | 28 | 29 | 30 | 31 | JUNE 1 | 2 | 3 |
| Goal Weight  Actual Weight | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Goal Weight  Actual Weight | 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| Goal Weight  Actual Weight | 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| Goal Weight  Actual Weight | 25 | 26 | 27 | 28 | 29 | 30 |  |
| **START WEIGHT** | **START BMI** | **START WAIST MEASURE** | **CURRENT CLOTHES SIZE** | **GOAL WEIGHT** | **GOAL BMI** | **GOAL WAIST MEASURE** | **GOAL JEAN / DRESS SIZE** |
| **END WEIGHT** | **END BMI** | **END WAIST MEASURE** | **END CLOTHES SIZE** | **TOTAL WEIGHT LOST** |  |  |  |

 For more information on The New You Plan visit [www.TheNewYouPlan.com](http://www.TheNewYouPlan.com)