|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **DATE** | **100% TFR** | **WATER LITRES** | **EXERCISE** | **SLEEP** |  |  |  |  |  |  | **MOOD** **Out of 10** |
| MONDAY27TH APRIL |  |  |  |  |  |  |  |  |  |  |  |
| TUESDAY 28TH APRIL |  |  |  |  |  |  |  |  |  |  |  |
| WEDNESDAY 29TH APRIL |  |  |  |  |  |  |  |  |  |  |  |
| THURSDAY 30TH APRIL |  |  |  |  |  |  |  |  |  |  |  |
| FRIDAY 1ST MAY |  |  |  |  |  |  |  |  |  |  |  |
| SATURDAY 2ND MAY |  |  |  |  |  |  |  |  |  |  |  |
| SUNDAY 3RD MAY |  |  |  |  |  |  |  |  |  |  |  |
| MONDAY 4TH MAY |  |  |  |  |  |  |  |  |  |  |  |
| TUESDAY 5TH MAY |  |  |  |  |  |  |  |  |  |  |  |
| WEDNESDAY6TH MAY |  |  |  |  |  |  |  |  |  |  |  |
| THURSDAY7TH MAY |  |  |  |  |  |  |  |  |  |  |  |
| FRIDAY8TH MAY |  |  |  |  |  |  |  |  |  |  |  |
| SATURDAY9TH MAY |  |  |  |  |  |  |  |  |  |  |  |
| SUNDAY 10TH MAY |  |  |  |  |  |  |  |  |  |  |  |
| MONDAY 11TH MAY |  |  |  |  |  |  |  |  |  |  |  |
| TUESDAY 12TH MAY |  |  |  |  |  |  |  |  |  |  |  |
| WEDNESDAY13TH MAY |  |  |  |  |  |  |  |  |  |  |  |
| THURSDAY14TH MAY |  |  |  |  |  |  |  |  |  |  |  |
| FRIDAY15TH MAY |  |  |  |  |  |  |  |  |  |  |  |
| SATURDAY16TH MAY |  |  |  |  |  |  |  |  |  |  |  |
| SUNDAY17TH MAY |  |  |  |  |  |  |  |  |  |  |  |
| MONDAY 18TH MAY |  |  |  |  |  |  |  |  |  |  |  |
| TUESDAY 19TH MAY |  |  |  |  |  |  |  |  |  |  |  |
| WEDNESDAY20TH MAY |  |  |  |  |  |  |  |  |  |  |  |
| THURSDAY21ST MAY |  |  |  |  |  |  |  |  |  |  |  |
| FRIDAY 22ND MAY |  |  |  |  |  |  |  |  |  |  |  |
| SATURDAY 23RD MAY |  |  |  |  |  |  |  |  |  |  |  |
| SUNDAY 24TH MAY |  |  |  |  |  |  |  |  |  |  |  |
| MONDAY 25TH MAY |  |  |  |  |  |  |  |  |  |  |  |
| TUESDAY 26TH MAY |  |  |  |  |  |  |  |  |  |  |  |
| WEDNESDAY 27TH MAY |  |  |  |  |  |  |  |  |  |  |  |
| THURSDAY 28TH MAY |  |  |  |  |  |  |  |  |  |  |  |
| FRIDAY 29TH MAY |  |  |  |  |  |  |  |  |  |  |  |
| SATURDAY 30TH MAY |  |  |  |  |  |  |  |  |  |  |  |
| SUNDAY 31ST MAY |  |  |  |  |  |  |  |  |  |  |  |

**WEEKLY WEIGH INS & MEASUREMENTS**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **DATE** | **WEIGHT**  | **BMI** | **WAIST**  | **THIGH** | **ARM** | **TOP SIZE** | **JEANS SIZE** |
| MONDAY 27TH APRIL |  |  |  |  |  |  |  |
| MONDAY 4TH MAY |  |  |  |  |  |  |  |
| MONDAY 11TH MAY |  |  |  |  |  |  |  |
| MONDAY 18TH MAY |  |  |  |  |  |  |  |
| MONDAY 25TH MAY |  |  |  |  |  |  |  |
| MONDAY 1ST JUNE |  |  |  |  |  |  |  |

**CLOTHES TO WEAR**

*(List your clothes that are 1-2 sizes too small and keep trying them on over the next 5 weeks, when they fit you put a tick beside the item!)*

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **COATS** |  | **JEANS** |  | **DRESSES** |  | **TOPS** |  | **OTHER** |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |

MY 5 THINGS LIST

|  |  |
| --- | --- |
| ***5 THINGS TO STOP DOING*** | ***5 THINGS TO START DOING*** |
| 1 | 1 |
| 2 | 2 |
| 3 | 3 |
| 4 | 4 |
| 5 | 5 |

EVENTS I AM LOOKING FORWARD TO…

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **MAY** |  | **AUG** |  | **NOV**  |  |
| **JUNE** |  | **SEPT** |  | **DEC** |  |
| **JULY** |  | **OCT** |  | **JAN** |  |

DROP A SIZE A MONTH ☺

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Size NOW End April** | **May** | **June** | **July** | **Aug** | **Sept** | **Oct** | **Nov** | **Dec** |
|  |  |  |  |  |  |  |  |  |

MY MOTTO FOR THE NEXT MONTH

|  |
| --- |
|  |