

ZESTAL TRACK IT



Let's goooo!!





TODAY'S DATE: _____ S M T W T F S

Weight Loss

WEEKLY TRACKER

STARTING NUMBERS:

WEIGHT: _____

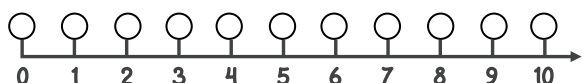
WAIST: _____

HIPS: _____

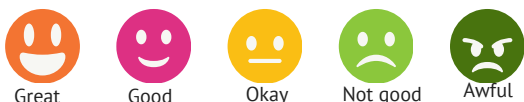
UPPER ARM: _____

UPPER THIGH: _____

ENERGY: 1-10 (1 being the lowest):



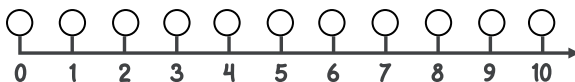
MOOD:



CRAVINGS:



MOVEMENT 1-10 (1 being the lowest):



AFTER 7 DAYS:

WEIGHT: _____

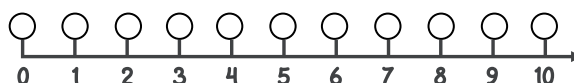
WAIST: _____

HIPS: _____

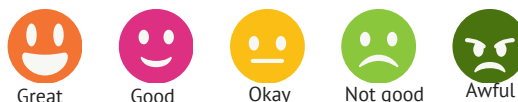
UPPER ARM: _____

UPPER THIGH: _____

ENERGY: 1-10 (1 being the lowest):



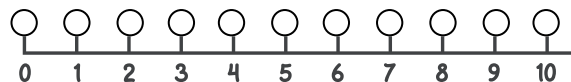
MOOD:



CRAVINGS:



MOVEMENT 1-10 (1 being the lowest):



Repeat weekly.

This tracker helps you monitor your progress and adjust your routine to achieve your health goals. Remember, consistency is key. Celebrate small victories and stay motivated by reflecting on the positive changes you notice each week. Stay focused, and remember that every step forward is a step towards a healthier you.

Zestful

TODAY'S DATE: _____ S M T W T F S

Daily Water

TRACKER

SUNDAY



MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



SATURDAY



WEEK

DAILY GOAL

RESULT

Zestal

TODAY'S DATE: _____ S M T W T F S

My Notes

[illegible]