

Good Life of a Housewife

Weight Loss Action Plan & Goal Tracker

Always consult your medical professional before trying a new diet or exercise. This printable is meant to help you reach your goals and does not substitute or in any way solicit medical advice.

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Starting Weight _____

Goal Weight _____

✓	Goal 1:	Reward:
	Goal 2:	Reward:
	Goal 3:	Reward:
	Goal 4:	Reward:

ACTION PLAN:

1. Download a Food App Tracker
2. Set a daily calorie limit
3. Drink only water or non-caloric beverages
4. Avoid white bread and processed sugar
5. Eat high protein meals and lean veggies
6. Exercise 3x a week
7. Never skip breakfast
8. Keep high protein snacks available
9. If you fall off the horse, get back on
10. Stop making excuses
11. Weekly weigh-ins on Friday
12. Eat off of a small plate, drink out of a tall glass
13. Don't eat on the go, or in front of a TV or electronic device
14. Drink between .5- 1 Oz. of your weight in water. EX: 150 lbs. =150/2 =75 Oz. [16.9 Oz are in a water bottle]
15. Track your progress

Weight Loss Tracker

1 square = 1 pound

“Motivation is what gets you started. Habits are what keep you going.” - Jim Ryun
You *can* do this.

*Always consult your doctor before trying a new diet or exercise.

Workout Tracker

Workout Goal _____

✓	Week 1	Week 2	Week 3	Week 4
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

✓	Week 1	Week 2	Week 3	Week 4
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

"...we are what we repeatedly do. Excellence, then is not an act but a habit." - Aristotle

Weekly Workout Progress Report

Fill in the number you can complete in 60 seconds and timing for one mile.

Workout	Sit-ups	Push-ups	Squats	Run
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Workout Progress Report

Workout								
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
13								
14								
15								
16								
17								
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19								
20								