

Eat better,  
feel better,  
move more **NOW!**



## Progress Chart

Making healthy changes that become part of your lifestyle is the best way to achieve a healthy weight and maintain it, but sometimes it can be hard to stay on track. Use this progress chart to help you see the positive changes you are making and identify barriers that may be making it difficult to stick to your healthy eating plan.

## Example

DATE	WEIGHT	WAIST MEASUREMENT	MOTIVATION LEVEL	GOALS ACHIEVED	BARRIERS	STRATEGIES/ SOLUTIONS
25/1/09	65kg	80cm	Good – I have decided I need to put my News Years resolution into practice and have been feeling very motivated to achieve a healthy weight	I achieved my goal of eating smaller portions sizes	Now that I have returned to work after the Christmas break I find I don't have as much time to prepare healthy meals	I will start making some healthy meals on the weekends which I can freeze for those days when I don't have as much time



Would you like individualised food and nutrition advice? Look no further than an Accredited Practising Dietitian (APD). To find an APD go to [www.daa.asn.au](http://www.daa.asn.au) or call the APD hotline 1800 812 942.



Australia's Healthy Weight Week is bought to you by the Dietitians Association of Australia (DAA).

[www.healthyweightweek.com.au](http://www.healthyweightweek.com.au)

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