



# THRIVE

## Alternative Wellness SuperSPA

WELLNESS + MEDICAL + AESTHETICS

# 15-week Healthy Weight Tracker

Start Wt: \_\_\_\_\_ My BIG Goal: \_\_\_\_\_ My 15-week Goal: \_\_\_\_\_

Start Date: Mon. 02/15/21 End Date: Sun 05/30/21

WEEKLY GOAL for next 15 weeks: \_\_\_\_\_ pounds per week

Weigh-in EVERY Sunday on the dates below:

WEEK #	DATE	WEIGHT	WK CHANGE	TOTAL WT. CHANGE
1	02/21/21			
2	02/28/21			
3	03/07/21		You're doing it! Just keep going!	
4	03/14/21			
5	03/21/21			
6	03/28/21			
7	04/04/21			
8	04/11/21			
9	04/18/21			
10	04/25/21		You're almost there! Keep going!	
11	05/02/21			
12	05/09/21			
13	05/16/21			
14	05/23/21			
15	05/30/21		YOU DID IT! Let's CELEBRATE!	TOTAL:

Send us a pic of your sheet, so we can celebrate with you! 304-650-5162