Weight Loss Journal

Date: 11/20/2023

Progress Photo:

Measurements:

270 lbs
Waist: 49"
Hips: 55"
Bust: 44"

What has gone well this week?

I went for a walk after work every day this week, and I felt really good getting my steps in. Also, I meal prepped a bunch of meals and froze them over the weekend, and this was great for having leftovers for lunch and not having to cook after work every day.

What would I like to improve for next week?

I missed my dance class this week because I was feeling tired and unmotivated. Next week I want to go to the class, and will work on eating enough regularly throughout the day so I don't feel so tired after work.

Notes

I weighed myself at the end of the day this week, which might mean this measurement could have some fluctuations but I'm working on just weighing myself each week regardless even if I forget to do it in the morning.