



Tracker



1 Use the first column to describe which goals you will be tracking (*weight, distance walked or run, minutes spent on mindfulness activities*), enter the current details into the start column (*current weight etc.*) then complete your target in the final column. You can then use each week column to track what have been achieved (*lbs lost, metres run, minutes spent on your well-being*).

Goal	START	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	TARGET

2 You can then use this graph template to show the progress for each goal across the programme. Complete the axis as stated, try to colour code for each goal then plot your progress!

Your Progress



Legend

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Weeks