

## BTF 12-week wellbeing and weight management hub: progress tracker

You can use this tracker to set out your goals and monitor your progress over the weeks that you use the resources in our wellbeing and weight management hub. It will give you the chance to reflect on your progress, review your goals and update them when you need to.

And don't worry if you need to take a break from following the programme. We all know that life can get in the way at times, for example, holidays, family celebrations or illnesses. It's OK to take a planned break after a few weeks and return to the programme with a new energy after that.

**Name:**

**Start date:**

**My goals:** (e.g. improve sleep, have more energy, lose weight, be more active/exercise 3 times a week, take up a hobby etc.)

**My weekly progress:**

Week	Energy/ Mood (1-10)	Weight	What went well	What were the barriers/ challenges	What is my strategy for next week
1					
2					
3					

4					
5					
6					
7					
8					
9					
10					
11					
12					