

# PROGRESS CHART

MEMBER NAME  SESSION  YEAR

BEGINNING MEASUREMENTS BUST  WAIST  HIPS  THIGHS  ARMS

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12
WEIGHT												
AMT OF GAIN (+) OR LOSS (-)												
RUNNING TOTAL												
CONNECTED: GROUP MEETING												
MEMORIZED SCRIPTURE												
WEIGHT MAINTAINED OR WEIGHT LOSS												
COMPLETED LIVE IT TRACKER												
DAILY QUIET TIME PRAYER & BIBLE STUDY												
FITNESS: MILES, STEPS MINUTES												

NOTES: FILL IN A SQUARE FOR EACH OF THE FOLLOWING:

- CONNECTED-ATTENDED A FP4H MEETING
- SAYING YOUR MEMORY VERSE OR WRITING IT DOWN 2X ON EACH PAGE OF YOUR LESSON MAINTAINING OR LOSING ANY AMT OF WEIGHT FROM THE PREVIOUS MEETING YOU ATTENDED
- SHAERING YOUR COMPLETED TRACKER WITH SOMEONE
- COMPLETING YOUR LESSON BEFORE CLASS
- DOING AT LEAST 150 MINUTES OF EXERCISE THIS WEEK (ALL KINDS OF ACTIVITIES COUNT)

