

Month

Target Goal Weight

Target Goal Date

	Starting	Ending
Weight		
BMI		
W-H Ratio		

Successes

Physical	
Spiritual	
Mental	

Challenges

Physical	
Spiritual	
Mental	

Breakthroughs

This Year's Theme

My Focus for this Month

Scripture Reference

New Habit Practiced – Check as Completed

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							
WEEK 5							

