

**BONUS  
DOWNLOAD**

# **COUNT DOWN TO SLIM DOWN *CHART***

Charting Your  
Goal Weight Date

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WITH WENDY NICHOLSON



# Count Down to Slim Down

## Tips and strategies...

As soon as you make the decision to lose weight, you have set a goal. If it is not specific, measurable, or relevant, many times it's impossible to achieve.

Setting realistic goals within a timeframe is one of the most important first steps in your weight loss success journey.

However, setting too high a goal often leads to failure or yoyo dieting. When I say, "To high a goal" I mean losing weight too quickly.

I had many goals when I started - to improve my health, improve my lifestyle, and to get to a healthy weight.

Having an actual **goal date** for reaching my goal weight was one of the best things I could have done...and I was only late by 2 months...but I reached it AND never gained the weight back!

Even if you lose only 1 lb per week, eventually you will reach your goal.

**\* REMEMBER to seek your Doctor's advice BEFORE starting any weight loss program, including this one.**

KEEP Going and you will reach your goals!  
I'm cheering you on.

*Wendy*

- See **EXAMPLE** of how to fill in the chart on page 3-5
- Print off the following page(s).
  - To print in colour, select page 6
  - To print in grayscale, select page 7
- Put it on your wall as a visual reminder of your WHY for losing weight.
- AND, as you lose weight, see if any of the issues improve.

**EXAMPLE**

# If you have 50 lbs to lose...

## Weight Loss Goal Date Tracker

Goal of 1 lb per week or 5 lbs per month

Actual Weight	Ibs lost	Planned Date	Actual Date
140 lbs	50 lbs	July 18	
145 lbs	45 lbs	June 18	
150 lbs	40 lbs	May 18	
155 lbs	35 lbs	April 18	
160 lbs	30 lbs	March 18	
165 lbs	25 lbs	February 18	
170 lbs	20 lbs	January 18	
175 lbs	15 lbs	December 18	
180 lbs	10 lbs	November 18	
185 lbs	5 lbs	October 18	October 20

**1**  
Starting at the bottom, enter your current weight, then count up by 5 lbs, all the way to the top

**2**  
Enter the date you plan on losing the first 5 lbs. Then fill in ALL the lines going upwards with the dates you plan on reaching each of the next 5 lbs

**3**  
Enter the date you actually lose each of the 5 lbs, all the way up to the top of the chart

CONTINUES ON NEXT PAGE



**EXAMPLE**

**If you have 50 lbs to lose...**

**50 POUND WEIGHT LOSS GOAL  
WEIGHT LOSS GOAL ACHIEVED!**



**Weight Loss Goal Date Tracker**

Goal of 1 lb per week or 5 lbs per month

Actual Weight	lbs lost	Planned Date	Actual Date
140 lbs	50 lbs	July 18	July 25
145 lbs	45 lbs	June 18	June 20
150 lbs	40 lbs	May 18	May 27
155 lbs	35 lbs	April 18	April 9
160 lbs	30 lbs	March 18	March 19
165 lbs	25 lbs	February 18	February 23
170 lbs	20 lbs	January 18	January 30
175 lbs	15 lbs	December 18	December 24
180 lbs	10 lbs	November 18	November 15
185 lbs	5 lbs	October 18	October 20

**50 POUNDS TOTAL GOAL**

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After you reach your goal weight, enter the actual date you reached it on the top right column.

**CELEBRATE your Accomplishment!**

CONTINUES ON NEXT PAGE



**EXAMPLE**

**If you have 100 lbs to lose...**

**100 POUNDS TOTAL GOAL**

<b>Weight Loss Goal Date Tracker</b>			
Goal of 1 lb per week or 5 lbs per month			
Actual Weight	lbs lost	Planned Date	Actual Date
___ lbs	50 lbs	_____	_____
___ lbs	45 lbs	_____	_____
___ lbs	40 lbs	_____	_____
___ lbs	35 lbs	_____	_____
___ lbs	30 lbs	_____	_____
___ lbs	25 lbs	_____	_____
___ lbs	20 lbs	_____	_____
___ lbs	15 lbs	_____	_____
___ lbs	10 lbs	_____	_____
___ lbs	5 lbs	_____	_____
___ lbs	50 lbs	_____	_____
___ lbs	45 lbs	_____	_____
___ lbs	40 lbs	_____	_____
___ lbs	35 lbs	_____	_____
___ lbs	30 lbs	_____	_____
___ lbs	25 lbs	_____	_____
___ lbs	20 lbs	_____	_____
___ lbs	15 lbs	_____	_____
___ lbs	10 lbs	_____	_____
___ lbs	5 lbs	_____	_____

**1** If you want to lose more than 50 lbs, print off another page and add it to the top, so that your total weight loss goal is on one sheet (and tape the 2 pieces of paper together).



**2** Then fill it in with lbs and dates as in examples on pages 3 and 4 on the previous pages, (Steps 1-4).

# Count Down to Slim Down: A Chart for Your Goal Weight Date

## Weight Loss Goal Date Tracker

Goal of 1 lb per week or 5 lbs per month

Actual Weight	lbs lost	Planned Date	Actual Date
_____ lbs	<b>50 lbs</b>	_____	_____
_____ lbs	<b>45 lbs</b>	_____	_____
_____ lbs	<b>40 lbs</b>	_____	_____
_____ lbs	<b>35 lbs</b>	_____	_____
_____ lbs	<b>30 lbs</b>	_____	_____
_____ lbs	<b>25 lbs</b>	_____	_____
_____ lbs	<b>20 lbs</b>	_____	_____
_____ lbs	<b>15 lbs</b>	_____	_____
_____ lbs	<b>10 lbs</b>	_____	_____
_____ lbs	<b>5 lbs</b>	_____	_____

# Count Down to Slim Down: A Chart for Your Goal Weight Date

## Weight Loss Goal Date Tracker

Goal of 1 lb per week or 5 lbs per month

Actual Weight	lbs lost	Planned Date	Actual Date
_____ lbs	<b>50 lbs</b>	_____	_____
_____ lbs	<b>45 lbs</b>	_____	_____
_____ lbs	<b>40 lbs</b>	_____	_____
_____ lbs	<b>35 lbs</b>	_____	_____
_____ lbs	<b>30 lbs</b>	_____	_____
_____ lbs	<b>25 lbs</b>	_____	_____
_____ lbs	<b>20 lbs</b>	_____	_____
_____ lbs	<b>15 lbs</b>	_____	_____
_____ lbs	<b>10 lbs</b>	_____	_____
_____ lbs	<b>5 lbs</b>	_____	_____