

**BONUS  
DOWNLOAD**

# **5-POUND COLOUR *CHART***

Your Weight Loss  
Goal Tracker

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WITH WENDY NICHOLSON

# 5-Pound Colour Chart

## (My Weight Loss Goal Tracker)



### Tips and strategies...

**The 5-Pound Colour Chart (My Weight Loss Goal Tracker)** is one of my **BEST TOOLS** for weight loss!

This was the one that “gamified” weight loss the most for me.

I love colour and being able to colour-in the 5-pounds at a time was something I would look forward to.

When I had lost 40 lbs but still had 40 lbs left to lose, I decided to create a chart to be very visual.

Mine was not as “fancy” as the one I am giving you...I just got a piece of paper and roughly sketched out 40 boxes.

I knew if I coloured in 1 box for each pound, then if I gained a pound I would feel like I should erase the box...and I had used coloured markers so I couldn't erase them!

**So, I decided to NOT colour in a box until I had passed the 5 pounds and even lost 6 or 7 pounds. Then, I knew those 5 pounds were ACTUALLY gone for good.**

**That was key...**not jumping the gun and colouring them in too early.

Like my other charts and trackers, I taped it to my bedroom wall and had the coloured pens nearby.

KEEP Going and you will reach your goals!

I'm cheering you on...

*Wendy*

CONTINUES ON NEXT PAGE



# 5-Pound Colour Chart

## (My Weight Loss Goal Tracker)

### How to use this chart...



#### If you have 120 lbs or MORE to lose:

See **EXAMPLES** on pages 4-8

- Print off another page and add it at the top, cutting the section so that your total goal is on one sheet (and tape the 2 pieces of paper together).



#### If you have LESS than 120 lbs to lose:

See **EXAMPLES** on pages 9-11

#### **EXAMPLE 1**

- If you want to lose 60 lbs, cut above the 60 lbs line.
- Then, only use the bottom section of the chart.

#### **EXAMPLE 2**

- Or, if you want to lose 80 lbs, cut above the 80 lbs line.
- Then only use the bottom section of the chart.

- Print off the following page(s):



-- **To print in colour, select page 12**




-- **To print in grayscale, select page 13**

- **Starting at the bottom**, colour in AFTER you have lost each 5 lbs.
- Put it on your wall as a visual reminder.
- **Once you reach your goal weight, FRAME YOUR CHART!!!**

**EXAMPLE**

**If you have 120 lbs to lose, use chart as-is**  
(print off either page 11 or 12)

**My Weight Loss Goal Tracker**

120						
115						
110						
105						
100						
95						
90						
85						
80						
75						
70						
65						
60						
55						
50						
45						
40						
35						
30						
25						
20						
15						
10						
5						

**EXAMPLE**

## If you have more than 120 lbs to lose...

- If you want to lose more than 120 lbs, print off another page and add it at the top, cutting the section so that your total weight loss goal is on one sheet (and tape the 2 pieces of paper together).

**150 POUNDS TOTAL GOAL**

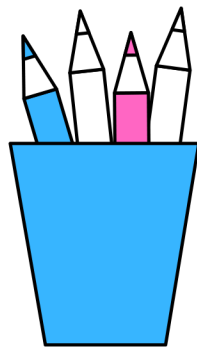
30						
25						
20						
15						
10						
5						
120						
115						
110						
105						
100						
95						
90						
85						
80						
75						
70						
65						
60						
55						
50						
45						
40						
35						
30						
25						
20						
15						
10						
5						



**EXAMPLE**

100						
95						
90						
85						
80						
75						
70						
65						
60						
55						
50						
45						
40						
35						
30						
25						
20						
15						
10	Orange	Red	Blue	Green	Pink	June 18
5	Blue	Purple	Cyan	Red	Green	May 18

**1** Starting at the bottom, colour in 5 blocks after you have lost 5 lbs. Repeat for each 5 lb amount.



**2** Write down the date after you have lost each of the 5 lbs.

**EXAMPLE**

# 120 POUND WEIGHT LOSS GOAL WEIGHT LOSS GOAL ACHIEVED!



120 POUNDS

**My Weight Loss Goal Tracker**

120						April 18
115						March 18
110						February 18
105						January 18
100						December 18
95						November 18
90						October 18
85						September 18
80						August 18
75						July 18
70						June 18
65						May 18
60						April 18
55						March 18
50						February 18
45						January 18
40						December 18
35						November 18
30						October 18
25						September 18
20						August 18
15						July 18
10						June 18
5						May 18

12 MONTHS

12 MONTHS

Example of 5 lbs per month weight loss

**EXAMPLE****If you have less than 120 lbs to lose...****My Weight Loss Goal Tracker**

120						
115						
110						
105						
100						
95						
90						
85						
80						
75						
70						
65						
60						
55						
50						
45						
40						
35						
30						
25						
20						
15						
10						
5						



- If you want to lose 60 lbs, cut above the 60 lbs line.
- Then, only use the bottom section of the chart.
- Or, if you want to lose 80 lbs, cut above the 80 lbs line.
- Then only use the bottom section of the chart.



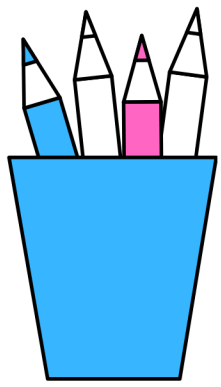
**EXAMPLE**

**If you have 60 lbs to lose...**

**My Weight Loss Goal Tracker**

60						
55						
50						
45						
40						
35						
30						
25						
20						
15						
10						June 18
5						May 18

**1** Starting at the bottom, colour in 5 blocks after you have lost 5 lbs. Repeat for each 5 lb amount.



**2** Write down the date after you have lost each of the 5 lbs.

**EXAMPLE**

# 60 POUND WEIGHT LOSS GOAL WEIGHT LOSS GOAL ACHIEVED!



**My Weight Loss Goal Tracker**

**60 POUNDS**

60						April 18
55						March 18
50						February 18
45						January 18
40						December 18
35						November 18
30						October 18
25						September 18
20						August 18
15						July 18
10						June 18
5						May 18

**13 MONTHS**

Example of 5 lbs  
per month weight  
loss

## My Weight Loss Goal Tracker

120						
115						
110						
105						
100						
95						
90						
85						
80						
75						
70						
65						
60						
55						
50						
45						
40						
35						
30						
25						
20						
15						
10						
5						

## My Weight Loss Goal Tracker

120						
115						
110						
105						
100						
95						
90						
85						
80						
75						
70						
65						
60						
55						
50						
45						
40						
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