

# Weekly Weight Tracker

Thank you for downloading the Weekly Weight Tracker from Sage Grayson Coaching at <http://sagegrayson.com>. This DIY weight-loss log will help you keep track of your weight and measurements for 52 weeks.

## Instructions

- Get a deck of cards and remove the jokers so you have 52 cards, one for each week of the year.
- Next, get a pair of scissors, adhesive or glue, a hole punch, and print this PDF of the Weekly Weight Tracker. Print the tracking chart page as many times as necessary.
- Cover the face of each card with adhesive. I like using scrapbook tape because it helps the paper lay flat. Cut out a tracking chart and stick it to the card.
- Don't have any playing cards? Just print the Weekly Weight Tracker on heavy-weight card stock and cut out the cards.
- Carefully cut around the card to remove the excess paper. Keep going until all of the cards have a tracking chart.
- Included in this PDF are more than 50 inspirational weight-loss quotes. Glue the quotes to the back of the cards, if you decide to use them.
- I divided my deck into 4 groups and added a cover and 3 "Progress Check-In" markers (also included in this PDF). You can choose whether to make a cover or use checkpoints.
- Carefully punch a hole into the corner of each card.
- Use a metal clip ring, a key chain, pretty ribbon, or elastic ties to bind the cards together.

## Who's Sage?



Hey there! I'm Sage Grayson, and I'm a kick-ass life coach who helps busy women make their lives a little sweeter. I live in the suburbs of San Francisco with my husband, Chris, and dog, Skyla.

Like this worksheet? Get more unstoppable motivation at <http://sagegrayson.com>.

Follow me on Twitter @SageGrayson1

Connect with me on Facebook at [www.facebook.com/SageGraysonCoaching](http://www.facebook.com/SageGraysonCoaching)



### FREE Ready, Set, Go! Call

Get your free Ready, Set, Go! coaching call. This is a 30-minute Skype video chat with me where we'll discuss the challenges you're facing, your big goals for your life, and how to get you there.

Let's get started today!

Sign up at <http://sagegrayson.com/ready-set-go-call/>.



Weekly  
Weight  
Tracker



Progress  
Check-In

1



Progress  
Check-In

2



Progress  
Check-In

3



Progress  
Check-In

4



Progress  
Check-In

5



Progress  
Check-In

6



Progress  
Check-In

7

Date:

Weight	
Neck	
Bicep	
Bust	
Waist	
Hips	
Thigh	
Calf	

Date:

Weight	
Neck	
Bicep	
Bust	
Waist	
Hips	
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“To keep the body in good health is a duty... otherwise we shall not be able to keep our mind strong and clear.”

— Buddha

“The individual who says it is not possible should move out of the way of those doing it.”

— Tricia Cunningham

“The reason fat men are good natured is they can neither fight nor run.”

— Theodore Roosevelt

“Get comfortable with being uncomfortable!”

— Jillian Michaels

“The greatest wealth is health.”

— Virgil

“Want to learn to eat a lot? Here it is: Eat a little. That way, you will be around long enough to eat a lot.”

— Anthony Robbins

“He who enjoys good health is rich, though he knows it not.”

— Italian Proverb

“Energy and persistence conquer all things.”

— Benjamin Franklin

“The first wealth is health.”

— Ralph Waldo Emerson

“Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic & creative intellectual activity.”  
— John F. Kennedy

“Reading is to the mind what exercise is to the body.”

— Joseph Addison

“An early morning walk is a blessing for the whole day.”

— Henry David Thoreau

“He who has health has hope, and he who has hope has everything.”

— Thomas Carlyle

“There is a beast in man that needs to be exercised, not exorcised.”

— Anton Szandor LaVey

“Exercise is labor without weariness.”

— Samuel Johnson

“We are healthy only to the extent that our ideas are humane.”

— Kurt Vonnegut

“The human body is the best picture of the human soul.”

— Ludwig Wittgenstein

“So many people spend their health gaining wealth, and then have to spend their wealth to regain their health.”

— AJ Materi

“Those who think they have not time for bodily exercise will sooner or later have to find time for illness.”

— Edward Stanley

“The physically fit can enjoy their vices.”

— Lord Percival

“A man's health can be judged by which he takes 2 at a time; pills or stairs.”

— Joan Welsh

“Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it.”

— Plato

“The more you eat, the less flavor; the less you eat, the more flavor.”

— Chinese Proverb

“Physical fitness can neither be achieved by wishful thinking nor outright purchase.”

— Joseph Pilates

“Money cannot buy health, but I'd settle for a diamond-studded wheelchair.”

— Dorothy Parker

“The secret of health for both mind and body is not to mourn for the past, nor to worry about the future, but to live the present moment wisely and earnestly.”

— Buddha

“It's good to do uncomfortable things. It's weight training for life.”

— Anne Lamott

“You wanna fly, you got to give up the shit that weighs you down.”

— Toni Morrison

“Be careful about reading health books. You may die of a misprint.”

— Mark Twain

“I want to lose weight by eating nothing but moon pies, which have significantly less gravity than earthier foods such as fruits and vegetables.”

— Jarod Kintz

“To be stupid, selfish, and have good health are 3 requirements for happiness, though if stupidity is lacking, all is lost.”

— Gustave Flaubert

“Healthy citizens are the greatest asset any country can have.”

— Winston S. Churchill

“I heard a definition once:  
Happiness is health  
and a short memory!  
I wish I'd invented it,  
because it is very  
true.”

— Audrey Hepburn

“The past is  
nothing but a  
weight. It will build  
inside of you like  
a stone.”

— Lauren Oliver

“When you have  
your health, you  
have everything.  
When you do not  
have your health,  
nothing else  
matters at all.”

— Augusten  
Burroughs

“Is 'fat' really the  
worst thing a  
human being can  
be? Is 'fat' worse  
than 'vindictive,'  
'jealous,' 'shallow,'  
'vain,' 'boring,' or  
'cruel'? Not to me.”

— J.K. Rowling

“Whenever I  
feel the need to  
exercise, I lie down  
until it goes away.”

— Paul Terry

“There is no  
exercise better  
for the heart than  
reaching down and  
lifting people up.”

— John Holmes

“All truly great  
thoughts are  
conceived while  
walking.”

— Friedrich  
Nietzsche

“Peace of mind  
comes when we  
exercise our right  
to be honest,  
especially with  
ourselves.”

— Jack R. Rose



“It is health that is real wealth and not pieces of gold and silver.”

— Mahatma Gandhi

“I take my only exercise acting as a pallbearer at the funerals of my friends who exercise regularly.”

— Mark Twain

“Walking is the best possible exercise. Habituate yourself to walk very fast.”

— Thomas Jefferson

“Exercise is a dirty word. Every time I hear it I wash my mouth out with chocolate.”

— Charles M. Schulz

“To get back my youth I would do anything in the world, except take exercise, get up early, or be respectable.”

— Oscar Wilde

“Wait. Why am I thinking about Krispy Kremes? We're supposed to be exercising.”

— Meg Cabot

“I am beginning to measure myself in strength, not pounds. Sometimes in smiles.”

— Laurie Halse Anderson

“When it comes to eating right and exercising, there is no ‘I’ll start tomorrow.’ Tomorrow is disease.”

— Terri Guillemets

“Let food be thy  
medicine and  
medicine be thy  
food.”

— Hippocrates

“Take care of  
your body. It's the  
only place you  
have to live.”

— Jim Rohn

“A bear, however  
hard he tries, grows  
tubby without  
exercise.”

— AA Milne,  
Winnie-the-Pooh

“Just do it.”

— Nike

“My grandmother  
started walking 5  
miles a day when  
she was 60. She's 97  
now, and we don't  
know where the  
heck she is.”

— Ellen DeGeneres

“A fit, healthy  
body—that is  
the best fashion  
statement.”

— Jess C. Scott

“Being entirely  
honest with  
oneself is a  
good exercise.”

— Sigmund Freud

“To lengthen thy life,  
lessen thy meals.”

— Benjamin Franklin