



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	
Thigh	
Calf	

Date:

Weight	
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Bicep	
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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