



TRACK YOUR PROGRESS

As a participant in the Spare Tire Contest, you are making a commitment to weight-loss. By watching what you eat, exercising, and getting plenty of rest, you can achieve real results and maybe even win prizes! Use this chart to help track your progress week-by-week and stay on a healthy path.

Week	Weight (optional)	Weight change (check one)			Notes (e.g. nutrition and physical activity success stories)
		Lost	Gained	Maintained	
Initial Weight					
Week 1					
Week 2					
Week 3					
Week 4					
Week 5					
Week 6					
Week 7					
Week 8					
Week 9					
Week 10 (Final)					