

ten top tips tick sheet: Keeping track of your progress

Fill in this tick sheet every day to record whether or not you managed each tip. Keeping a record has been shown to increase people's success in developing healthy habits. Keeping track of your weight is also very useful. Daily weighing has been shown to increase successful weight control. In the notes column you can write details of how you are achieving the tips, and anything that particularly helps you use them. This information will help you plan for the next week.

ten top tips	m	t	w	t	f	s	s	done on 5 days or more?	notes
1. Keep to your meal routine									
2. Go reduced fat									
3. Walk off the weight (No. of steps)									
4. Pack a healthy snack									
5. Learn the labels									
6. Caution with your portions									
7. Up on your feet									
8. Think about your drinks									
9. Focus on your food									
10. Don't forget your 5 a day									
Your weight									

What do you plan to do next week? (e.g. I will write a shopping list to remind myself to buy fruit)
