

Example tick sheet:

To give you an idea of how other people have used the tick sheet to track their progress, this is an example of a completed tick sheet from somebody following the Ten Top Tips for weight loss.

ten top tips	m	t	w	t	f	s	s	done on 5 days or more?	notes
1.Keep to your meal routine	✓	✓		✓	✓	✓		✓	Eat at 7am, 1pm and 6pm. Lunchtime meetings make this difficult.
2.Go reduced fat	✓	✓	✓	✓	✓	✓	✓	✓	Skimmed milk, reduced fat spread, skinny latte. Always making these choices.
3.Walk off the weight (No. of steps)	3,007	4,695	12,094	10,264	11,287	11,637	11,945	✓	Walk to station and back on way to and from work. Taking the stairs at work instead of the lift increased my steps.
4.Pack a healthy snack	✓	✓	✓	✓	✓	✓	✓	✓	Buy fruit to have as a healthy snack.
5.Learn the labels	✓	✓		✓					Remember to take shopping card to shops with me.
6.Caution with your portions	✓	✓	✓	✓	✓	✓		✓	Use smaller plates and have lots of vegetables. Didn't do it when went out for dinner.
7.Up on your feet		✓	✓	✓	✓	✓	✓	✓	Standing doing the ironing when watching TV. Standing on the bus rather than sitting.
8.Think about your drinks	✓	✓	✓	✓	✓	✓		✓	OK except when go to pub: need to work on finding a drink to have with lower calories and alcohol.
9.Focus on your food	✓	✓	✓	✓	✓	✓	✓	✓	I am remembering to sit at the table in the evenings. I am eating slower at mealtimes.
10.Don't forget your 5 a day	✓	✓		✓	✓		✓	✓	I have trouble if I don't have my fruit with breakfast to get in all 5.
Your weight	70kg	70.2kg			70.2kg				

What do you plan to do next week?

I will have fruit at breakfast time every day.

I will keep the label card in my wallet so I have it when I am shopping.

I will choose dry wine when at the pub or out to dinner and have no more than a glass.