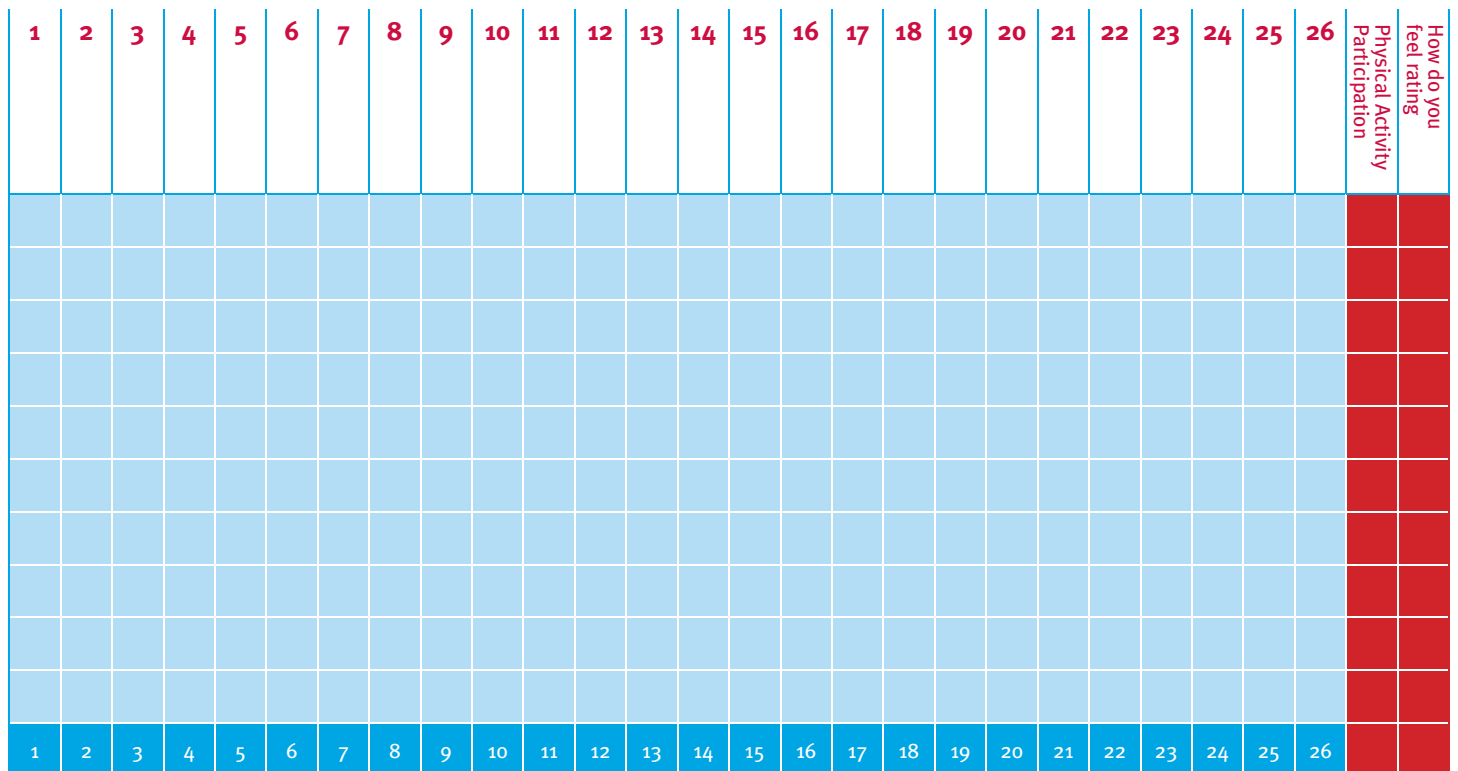
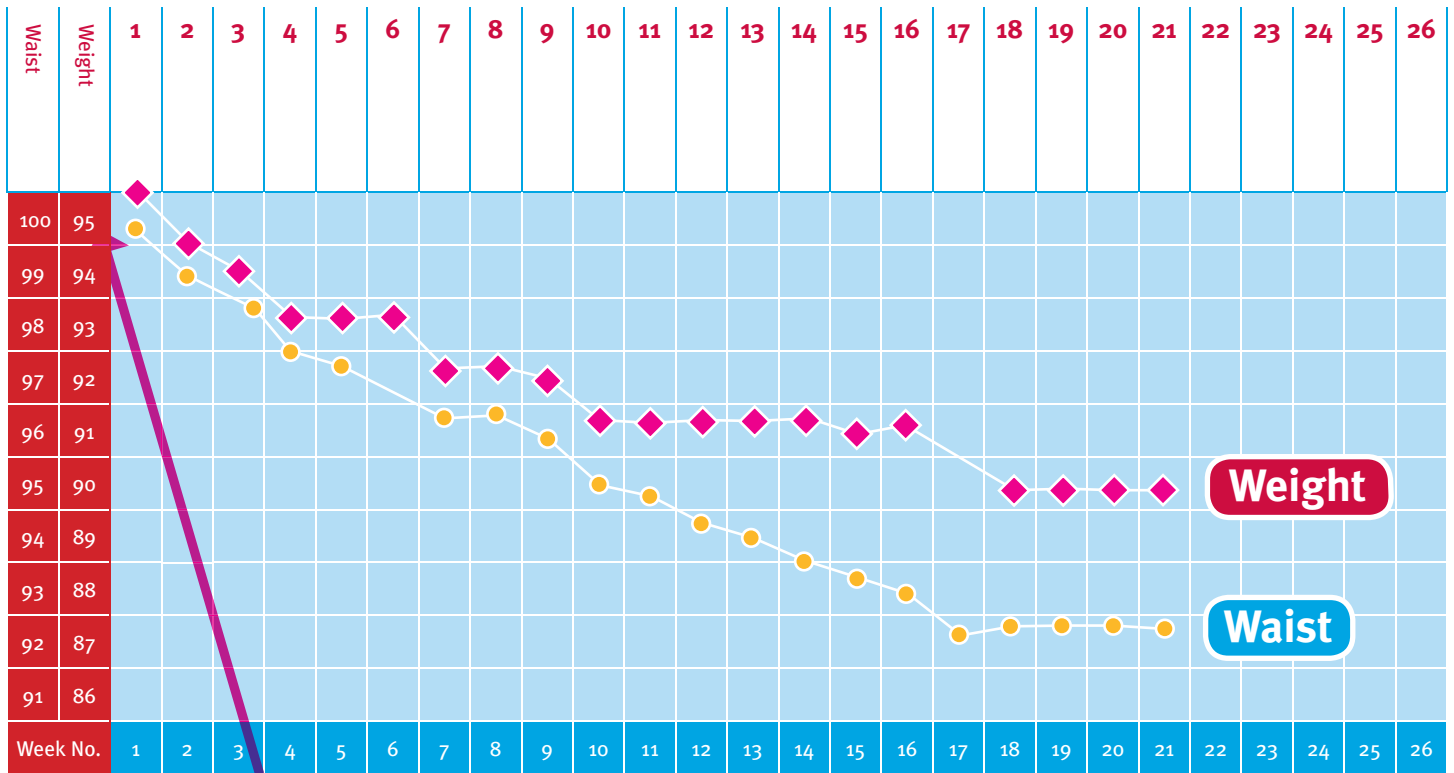


Plot your 'How you feel' ratings and physical activity/exercise participation starting at week 1.



My lifestyle progress chart



Start by plotting your initial (starter) weight and waist measurements on the left hand columns then plot your progress on a weekly or fortnightly basis.

