THIS PROGRESS CHART BELONGS TO: (Your name) Your gender: Your age: Your city: Your country: Completing this document reinforces your commitment to gain control of your weight. **WEEKLY WEIGHT** Enter your starting weight here and draw a graph of your weekly progress 2 5 7 10 12 Week 0 1 3 6 11 **WEEKLY EXERCISE DONE** Record the quantity of exercise sessions you do per week by colouring in the blocks 5 4 3 2 1

Thank you for completing and returning this document to us. It allows us to track your progress and will assist us with our research. We assure you that your identity will be kept strictly private and you statistics, which will aid us in improving our programme, will be completely anonymous. Your contribution is appreciated.

6

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SEND TO US

5

SEND TO US



SEND TO US

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11

Mail to: info@mnilifestyle.co.za

2

1

Week 0

3