

MacroHabits of Health Weekly Log

Date	•	•	•	٠	٠	٠	• •	
Goal Weight 🔹 🔹	•		•	•		•	• lbs	Current Wt
Goal BMI 🔹 🔹	•	•	٠	•	•	•	• •	Current BMI
Goal Waist Circum	٠	•	٠	٠	•	٠	• in	Current Waist Circum

On a scale of 1–10 evaluate the progress you have made in the previous week using the progress ruler for each of the MacroHabits.

Progress Ruler											
0	1	2	3	4	5	6	7	8	9	10	
Back Slide					No Progress					xcellent Progress	

Use the ruler to enter a number into each category for each week.

Week	1	2	3	4	5	6	7	8	9	10	11	12
Weight Management												
Healthy Eating												
Hydration												
Motion												
Sleep												
Mind												
Surroundings												