

The image features two glass jars on a white wooden surface. The left jar contains a yellow-orange beverage with a cinnamon stick and a slice of apple. The right jar contains a red beverage with a large green mint leaf and a slice of watermelon. Both jars have pink and white striped paper straws. A semi-transparent white banner is overlaid across the middle of the image, containing text. Below the banner, there are additional images of a cinnamon stick, a slice of apple, and a slice of watermelon with mint leaves.

14-DAY WEIGHT LOSS PROGRAM

**WEIGHT LOSS
TRACKER**

YOUR SHRED TRANSFORMATION

Let me say this loud and clear: These 2 weeks of shredding are not about obsessing over the scale, counting calories, or thinking you're enrolled in Weight Watchers. Instead, this is about being mindful around food and discovering which foods really work for you, the foods that bring nourishment to your body and mind as a whole.

The one thing that does work for many people is to have accountability. If you desire to use this document for your accountability, please feel free to pick one day of the week where you weigh and measure yourself. I have found that the scale is not always an accurate portrayal of the results you're getting. Many people will lose weight very quickly; whereas others will lose inches before the scale even moves.

Feel free to use this chart throughout your entire transformation program, or feel free to never step on the scale or pick up a tape measure at all during this program. This program is for you to come back to a place of not feeling confused, of losing weight by eating delicious foods and not feeling deprived.

Important note: *We are all different. Each body is different in the way it loses weight. Do not stress about the scale or numbers. Stress is a major reason why we don't lose weight, as high cortisol levels lead to weight gain.*

IT'S BEST TO WEIGH AND MEASURE FIRST THING IN THE MORNING.				
Body Part	Week 1	Week 2	Week 3	Week 4
Upper Arm	0	0	0	0
Bust	0	0	0	0
Waist	0	0	0	0
Upper Abdomen	0	0	0	0
Lower Abdomen/Hips	0	0	0	0
Upper thigh	0	0	0	0
Above the knee	0	0	0	0
Total	0	0	0	0
	Inches Released	0	0	0
	Total Inches Released	0	0	0
Enter Weight on this line	0	0	0	0
	Pounds Released	0	0	0
	Total Pounds Released	0	0	0