



Bariatric Paths
• YOUR JOURNEY, YOUR WAY •

Goals Tracker

Stay focused, celebrate progress,
and achieve your goals

www.BariatricPaths.com


















































Weekly Overview

“Every small step leads to BIG results!”

| | |
|------------------|--|
| Weight Last Week | |
| Weight This week | |

| | Breakfast | Morning Snack | Lunch | Afternoon Snack | Dinner |
|-----------|-----------|---------------|-------|-----------------|--------|
| Sunday | | | | | |
| Monday | | | | | |
| Tuesday | | | | | |
| Wednesday | | | | | |
| Thursday | | | | | |
| Friday | | | | | |
| Saturday | | | | | |

Water Intake:
(8 oz per drop)

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| S |  |  |  |  |  |  |  |
| M |  |  |  |  |  |  |  |
| T |  |  |  |  |  |  |  |
| W |  |  |  |  |  |  |  |
| T |  |  |  |  |  |  |  |
| F |  |  |  |  |  |  |  |
| S |  |  |  |  |  |  |  |

Exercise Tracker

| | Activity | Duration |
|---|----------|----------|
| S | | |
| M | | |
| T | | |
| W | | |
| T | | |
| F | | |
| S | | |

Vitamin
Check

| | |
|---|---|
| S | <input type="checkbox"/> Y <input type="checkbox"/> N |
| M | <input type="checkbox"/> Y <input type="checkbox"/> N |
| T | <input type="checkbox"/> Y <input type="checkbox"/> N |
| W | <input type="checkbox"/> Y <input type="checkbox"/> N |
| T | <input type="checkbox"/> Y <input type="checkbox"/> N |
| F | <input type="checkbox"/> Y <input type="checkbox"/> N |
| S | <input type="checkbox"/> Y <input type="checkbox"/> N |

Weekly Mindset Check-In

"Perseverance is not a long race; it is many short races one after the other." - Walter Elliot



Weekly Reflection:

- What went well this week?
- What challenges did I face, and how can I improve next week?
- What's one thing I'm grateful for this week?

Weekly Goal Setting:

- This week's focus goal:
- How I plan to achieve it:
- Reward for achieving this goal:

Celebrate Your Wins!!

- ☐ I met my water goal this week.
- ☐ I exercised 3+ days this week.
- ☐ I stayed mindful of my meals.
- ☐ I completed my mindset check-ins.

This week's big win: