



Appetite Correcting Eating Schedule (ACES) Progress Record

Compare today's weight to the entry in the row above it, not to the previous day's entry. If today's entry is less than the entry above it, give yourself a check in the smiley-face column. If you're just starting, don't expect progress in the first three weeks (the gray area). Keep dated notes about how well you're sticking to your schedule, what you're eating and milestones like a change in belt notch or clothing size on the back.

Starting Date:

Starting Weight:

Starting Waist Measurement:

Goal Weight:

Wk #	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday		
	Date	Wt	☺	Date	Wt	☺	Date	Wt	☺	Date	Wt	☺	Date	Wt	☺	Date	Wt	☺	Date	Wt	☺
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