Cycling Weight Loss

Before you get started

Summary

Use this sheet to log details about yourself at the START of your weight loss journey. It's important to reflect back on the progress you've made, and this will help you to do that.

We're going to record a few things, just so you can draw a line in the sand of where you are right now.

1. Weight measurement
2. Waist measurement
3. Average weekly mileage
4. Resting heart rate
5. Your goals - how much do you want to lose?
6. Your reasons for wanting to lose weight

Tip: Think how good it will feel to look back on this information in a month's time, or two months. You'll be glad you did this, and it will give you even more motivation to succeed.

My weight and waist measurements

Try to get an accurate measurement of your weight and waist at the start of your journey, rather than guessing. It's much easier to measure progress when we deal in hard facts!

When setting your goals (how much you want to lose), research suggests that people who set more ambitious goals achieve better results, so aim high!

My resting heart rate

If you don't have a heart rate monitor, take your pulse at your wrist and count how many beats occur in thirty seconds, then multiply by two. Do this while resting, just after you wake up.

My weekly average mileage

Try to work out how many miles you've been cycling per week, on average, over the last month.

My record	Enter your data below ⬇
Today's Date	25/8/2016
My Weight	
My Waist size	
My resting heart rate	
Average weekly mileage	
How much weight do you want to lose, and by when?	

My Reasons for Making a Change

We all have different reasons for wanting to make a positive change in our lives. Perhaps we want to look slimmer, improve our long term health, avoid diabetes, or something else.

By being very clear about what losing weight means to us, it helps us to stay committed. Because we know exactly what we're aiming for, and what's at stake.

Photos

Insert some photos of yourself here. You will want to refer back to these later, trust me!