Two-week consistency check-in

Keep your usual safe routine. Review meals and optional weight readings without promising a result in 14 days. Seek support promptly if you feel unwell or eating becomes restrictive.

Dates: _____ Weight unit, if used (choose one): kg / lb

Weight entry is optional. If weighing is useful, keep the scale, time and clothing similar. Context can include travel, a changed routine or uncertain portions. This page is a record, not a diagnosis.

Day	Date	Weight (optional)	Meals reviewed	Context (optional)
1			[ ]	
2			[ ]	
3			[ ]	
4			[ ]	
5			[ ]	
6			[ ]	
7			[ ]	
8			[ ]	
9			[ ]	
10			[ ]	
11			[ ]	
12			[ ]	
13			[ ]	
14			[ ]	

Review the record

Week 1 average, if useful: _____ (sum of readings / number of readings)
Week 2 average, if useful: _____ (use the same unit)
One detail to clarify: _____

Two weeks may be too short to distinguish a lasting weight trend. A scale does not identify body-fat change or prove a calorie deficit. If concerns persist over several weeks, discuss the record, symptoms and medicines with a clinician or registered dietitian.

Guide and sources: coachivy.app/blog/calorie-deficit-not-losing-weight