CAFEITY · FREE PRINTABLE

40 non-scale wins

Tick one when it happens and write the date beside it. None of these is a promise or a target — they are things worth noticing.

Name _____

Started _____

Everyday comfort

- [ ] Tying your shoes without holding your breath · date _____
- [ ] Crossing your legs comfortably · date _____
- [ ] Getting up off the floor more easily · date _____
- [ ] An aeroplane or stadium seat with room to spare · date _____
- [ ] A seatbelt that clicks without a stretch · date _____
- [ ] Stairs that feel easier on your knees · date _____
- [ ] Waking up feeling more rested · date _____

Clothes and fit

- [ ] A ring or watch that slides more freely · date _____
- [ ] Your belt on a new notch · date _____
- [ ] Jeans that button without a fight · date _____
- [ ] Clothes from the back of the wardrobe fitting again · date _____
- [ ] A shirt that no longer pulls across the buttons · date _____
- [ ] Enjoying trying clothes on · date _____

Movement and energy

- [ ] Walking further than last month · date _____
- [ ] A flight of stairs without stopping · date _____
- [ ] Playing on the floor with children or grandchildren · date _____
- [ ] Finishing a workout that felt impossible at the start · date _____
- [ ] Carrying the shopping in one trip · date _____
- [ ] Keeping pace on a walk with a friend · date _____
- [ ] Saying yes to a hike, a dance or a ride you used to avoid · date _____

Food and headspace

- [ ] Leaving food on the plate without guilt · date _____
- [ ] Quieter food noise · date _____
- [ ] Noticing when you are full — and stopping · date _____
- [ ] Reaching for protein first without thinking about it · date _____
- [ ] Enough water on most days · date _____
- [ ] Enjoying a meal without planning the next one · date _____
- [ ] A small treat, enjoyed and finished, with no spiral · date _____

Numbers to ask your clinician about

- [ ] Your blood pressure at appointments · date _____
- [ ] HbA1c or blood sugar results, if you have them checked · date _____
- [ ] Cholesterol results · date _____
- [ ] Your waist measurement · date _____
- [ ] Resting heart rate, if your watch tracks it · date _____

Life and confidence

- [ ] Being in the photo instead of taking it · date _____
- [ ] Going swimming or to the beach · date _____
- [ ] Going to an event you would once have skipped · date _____
- [ ] Keeping your routine through a hard week · date _____
- [ ] Asking your prescriber the question you had been putting off · date _____
- [ ] Logging for a whole month · date _____
- [ ] Saying "no thanks" without explaining · date _____
- [ ] Feeling like yourself on a bad day · date _____

MY OWN WINS

_____

_____

_____

A record for your own use. Not medical advice — follow the instructions from your prescriber and the leaflet in your medicine's box.

cafeity.com/templates