

How To Review Your Progress

Reviewing your progress is an encouraging experience and can help keep you motivated toward fulfilling your goals.

The Review Progress page is available at any time in the VLM program and can be accessed by clicking the “Review Progress” link at the top of any page.

The Review Progress page contains two tabs, each with their own way of displaying your progress:

1. **Progress Summary:** Displays all your tracked data since starting VLM. Displayed in graph form and designed to quickly see how you measure up to your recommended goals. As you progress further in the VLM program, more graphs will become available to you as they become available to track, including:

- Weight
- Average Fat Grams
- Average Calories
- Average VLM Activity Minutes
- Average VLM Steps

The Progress Summary tab also includes information about your completed Lessons, including the date of completion and any notes you may have taken during the lesson.

2. **Weekly Details:** Graphs on this tab display your tracked data by individual weeks. Includes a copy of the Weekly Calendar as found on the Keep Track page for a quick reminder of what you accomplished that week.

How To Review Your Progress Summary:

1. Click the “Review Progress” link at the top of any page
 2. Click the Progress Summary tab
 3. Graphs for all data that you are currently tracking will be displayed
- Each graph displays a goal line to show how close you are to your goal. Hovering over the goal line will display the numerical value
 - Completed Lesson information can be found at the bottom of this tab

How To Review Your Weekly Details:

1. Click the “Review Progress” link at the top of any page
 2. The Weekly Details tab is open by default
 3. Graphs for all data that you are currently tracking will be displayed
 4. Use the “Previous Week” and “Next Week” links to navigate between dates that have available Review data
- Each graph displays a goal line to show how close you are to your goal. Hovering over the goal line will display the numerical value