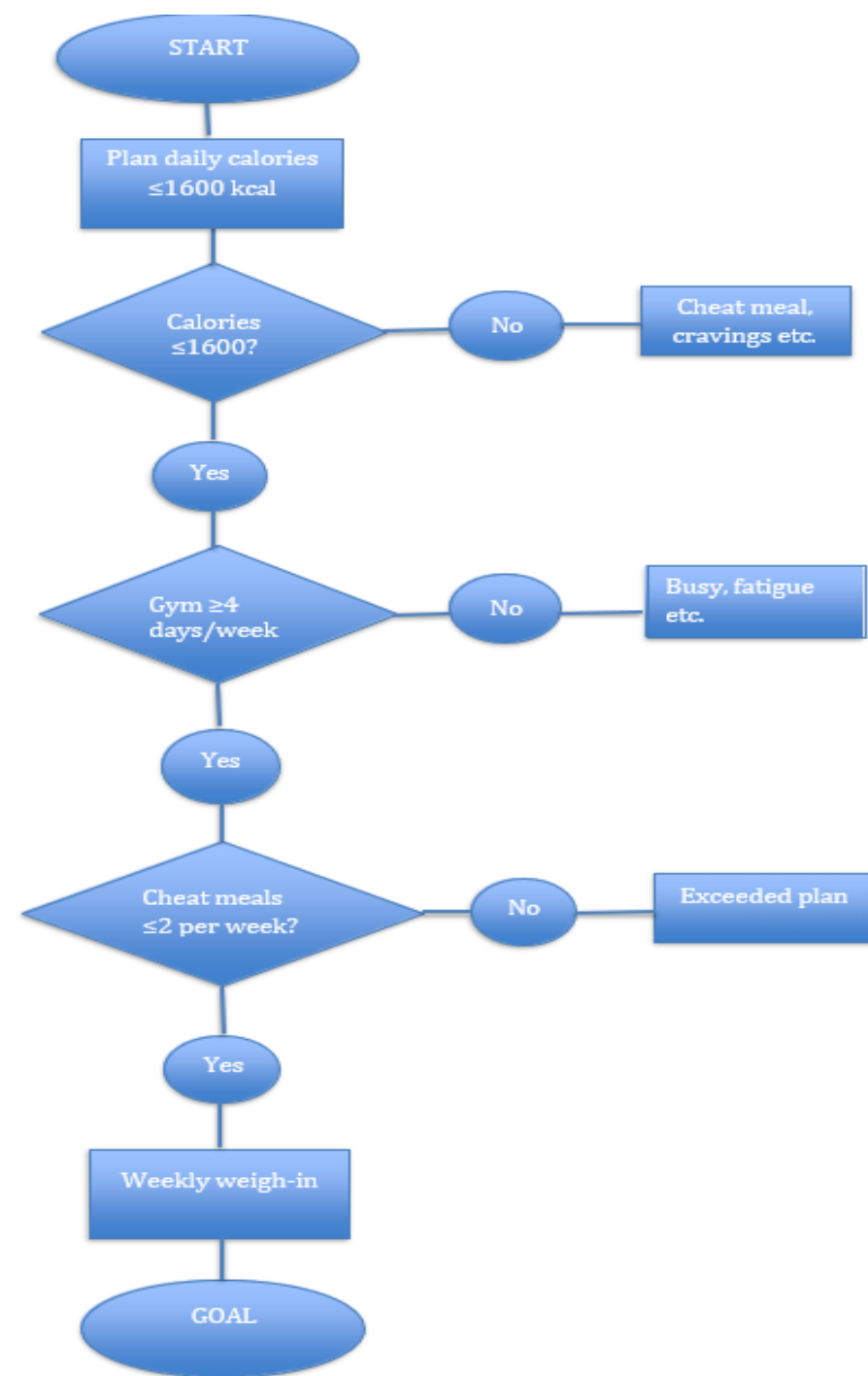


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# IMPROVING CONSISTENCY IN MY WEIGHT LOSS JOURNEY

Personal Improvement Project (PIP)

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10/19/2025



# INTERVENTION AND QI PLAN

**Aim:** Reduce weight from **116 kg** → **100 kg** by **Dec 16**, through consistent workouts ( $\geq 4$ /week) and calorie control ( $\leq 1600$  kcal/day).

## Measures:

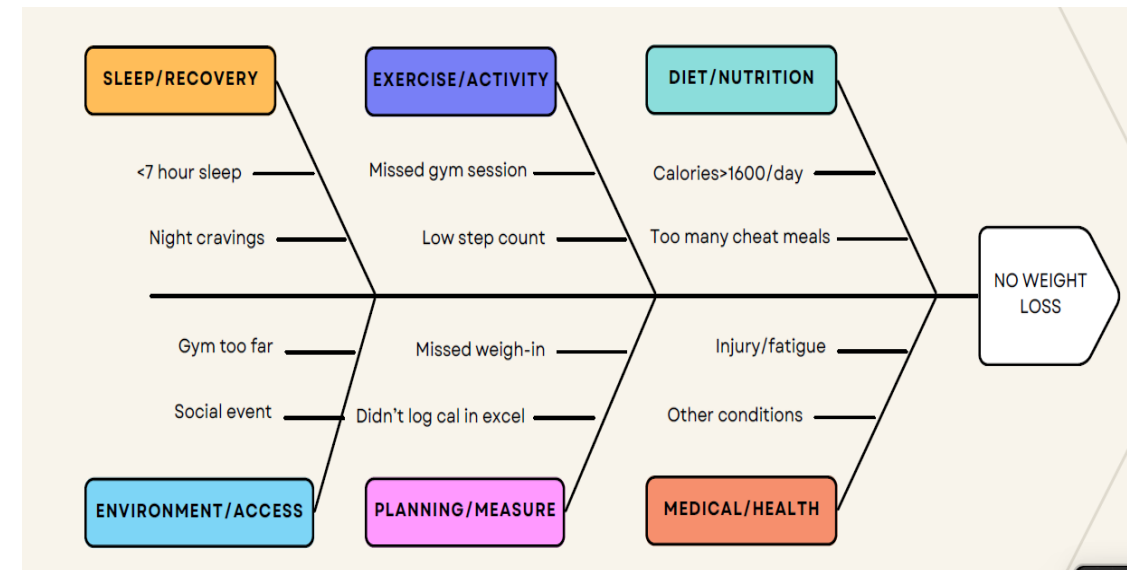
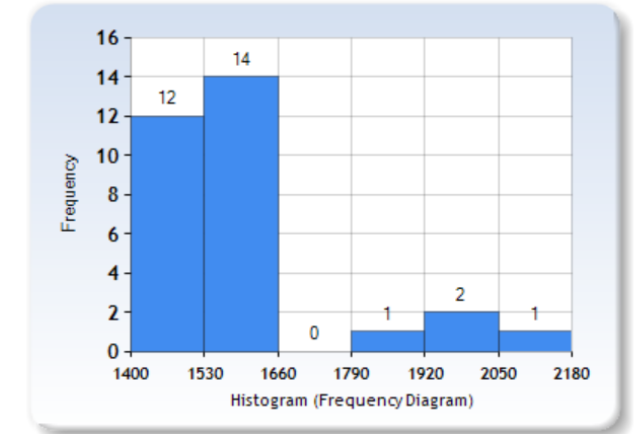
- *Outcome:* Total weight loss.
- *Process:* % of days meeting calorie/workout goals.
- *Balancing:* Energy/mood rating (1–5).

**QI Tools:** Run chart (weight), histogram (calorie variation), fishbone (causes).

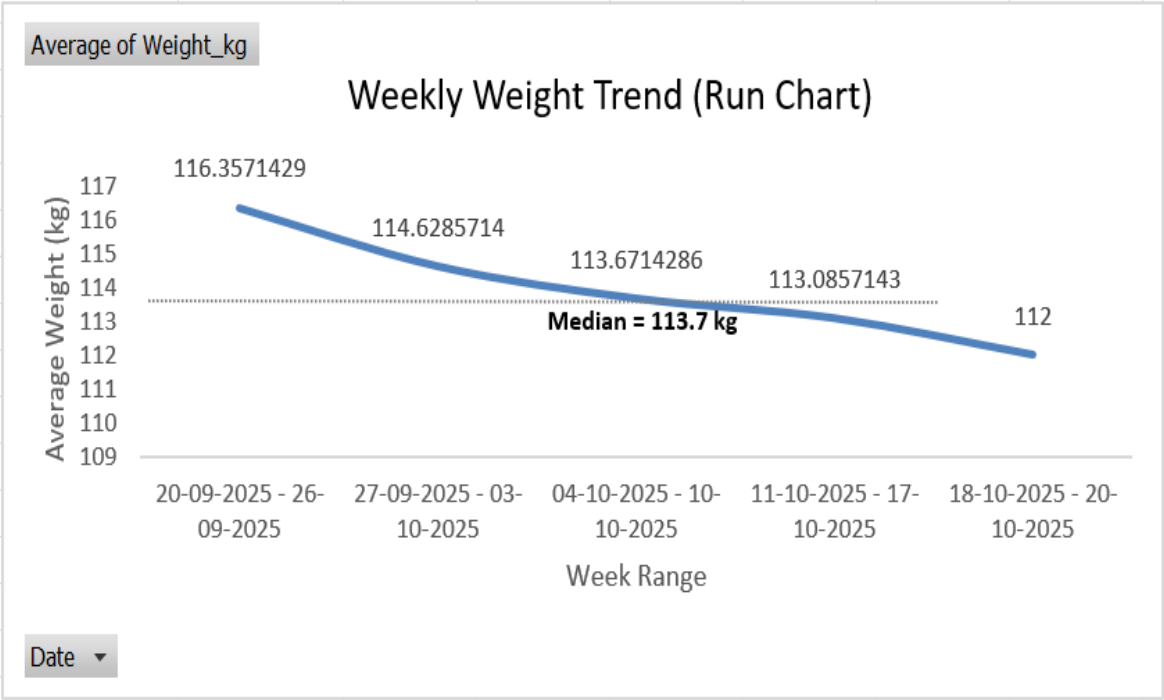
**PDSA Cycles:** Meal prep, limited cheat meals, consistent Zumba/gym schedule, improved logging.

Frequency Table	
Class	Count
1400-1529	12
1530-1659	14
1660-1789	0
1790-1919	1
1920-2049	2
2050-2179	1

Your Histogram	
Mean	1595.43333
Standard Deviation (s)	164.90367
Skewness	2.04949
Kurtosis	3.7221
Lowest Score	1400
Highest Score	2100
Distribution Range	700
Total Number of Scores	30
Number of Distinct Scores	23
Lowest Class Value	1400
Highest Class Value	2179
Number of Classes	6
Class Range	130



# WEEKLY PROGRESS (RUN CHART DATA)



## Run Chart Interpretation:

The weekly average weight shows a consistent downward trend from 116.4 kg to 112 kg over four weeks. The median baseline (113.7 kg) indicates steady improvement following the intervention, with sustained progress below the median after Week 3.

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# REFLECTION AND NEXT STEPS

Successes	Challenges
Increased consistency: averaged <b>4-5 workouts/week</b> with better schedule discipline.	<b>Sleep &lt;7 hrs</b> led to cravings, fatigue, and missed workouts.
<b>Calorie tracking compliance ~80%</b> , showing strong behavioral improvement.	<b>Emotional frustration</b> from restricting junk food affected motivation.
Achieved steady <b>4 kg reduction</b> and improved energy levels.	<b>Daily data logging</b> was inconsistent — needed habit reinforcement.
<b>Learned to prioritize balance</b> over perfection.	<b>Weekend lapses</b> occasionally disrupted calorie deficit.

## Next Steps:

- Focus on **improving sleep** and meal timing to reduce cravings.
  - Maintain daily tracking using a reminder app or automation.
  - Add one **rest day or flexible treat meal** per week to improve sustainability.
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