

Weight Loss Log

Start Weight: _____
 Start Date: _____
 Goal: _____

	Day	Weight	Exe	Cal	Measure*
Week 1	Su				Chest <input type="text"/>
	M				Waist <input type="text"/>
	Tu				Thigh <input type="text"/>
	W				Arm <input type="text"/>
	Th				Date <input type="text"/>
	F				
	Sa				
Week 2	Su				Chest <input type="text"/>
	M				Waist <input type="text"/>
	Tu				Thigh <input type="text"/>
	W				Arm <input type="text"/>
	Th				Date <input type="text"/>
	F				
	Sa				
Week 3	Su				Chest <input type="text"/>
	M				Waist <input type="text"/>
	Tu				Thigh <input type="text"/>
	W				Arm <input type="text"/>
	Th				Date <input type="text"/>
	F				
	Sa				
Week 4	Su				Chest <input type="text"/>
	M				Waist <input type="text"/>
	Tu				Thigh <input type="text"/>
	W				Arm <input type="text"/>
	Th				Date <input type="text"/>
	F				
	Sa				
Week 5	Su				Chest <input type="text"/>
	M				Waist <input type="text"/>
	Tu				Thigh <input type="text"/>
	W				Arm <input type="text"/>
	Th				Date <input type="text"/>
	F				
	Sa				

*Measure once a week, on the same day each week.

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	Day	Weight	Exe	Cal	Measure*
Week 1	Su				Chest <input type="text"/>
	M				Waist <input type="text"/>
	Tu				Thigh <input type="text"/>
	W				Arm <input type="text"/>
	Th				Date <input type="text"/>
	F				
	Sa				
Week 2	Su				Chest <input type="text"/>
	M				Waist <input type="text"/>
	Tu				Thigh <input type="text"/>
	W				Arm <input type="text"/>
	Th				Date <input type="text"/>
	F				
	Sa				
Week 3	Su				Chest <input type="text"/>
	M				Waist <input type="text"/>
	Tu				Thigh <input type="text"/>
	W				Arm <input type="text"/>
	Th				Date <input type="text"/>
	F				
	Sa				
Week 4	Su				Chest <input type="text"/>
	M				Waist <input type="text"/>
	Tu				Thigh <input type="text"/>
	W				Arm <input type="text"/>
	Th				Date <input type="text"/>
	F				
	Sa				
Week 5	Su				Chest <input type="text"/>
	M				Waist <input type="text"/>
	Tu				Thigh <input type="text"/>
	W				Arm <input type="text"/>
	Th				Date <input type="text"/>
	F				
	Sa				

