

Weight Loss Log

Start Weight: _____
 Start Date: _____
 Goal: _____

	Day	Weight	Exe	Cal	Measure*
Week 1	Su				Chest
	M				Waist
	Tu				Hips
	W				Wrist
	Th				Forearm
	F				Date
	Sa				
Week 2	Su				Chest
	M				Waist
	Tu				Hips
	W				Wrist
	Th				Forearm
	F				Date
	Sa				
Week 3	Su				Chest
	M				Waist
	Tu				Hips
	W				Wrist
	Th				Forearm
	F				Date
	Sa				
Week 4	Su				Chest
	M				Waist
	Tu				Hips
	W				Wrist
	Th				Forearm
	F				Date
	Sa				
Week 5	Su				Chest
	M				Waist
	Tu				Hips
	W				Wrist
	Th				Forearm
	F				Date
	Sa				

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

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	Tu				Hips
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	M				Waist
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