**Weight Loss Log [Women]**

 Start Weight: Start Weight:

 Start Date: Start Date:

 Goal: Goal:

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Day** | **Weight** | **Exe** | **Cal** | **Measure\*** |  | **Day** | **Weight** | **Exe** | **Cal** | **Measure\*** |
| Week1 | Su |   |   |   | Chest |   |  | Week1 | Su |   |   |   | Chest |   |
| M |   |   |   | Waist |   |  | M |   |   |   | Waist |   |
| Tu |   |   |   | Hips |   |  | Tu |   |   |   | Hips |   |
| W |   |   |   | Wrist |   |  | W |   |   |   | Wrist |   |
| Th |   |   |   | Forearm |   |  | Th |   |   |   | Forearm |   |
| F |  |  |  | Date |  |  | F |  |  |  | Date |  |
| Sa |   |   |   |   |   |  | Sa |   |   |   |   |   |
| Week2 | Su |   |   |   | Chest |   |  | Week2 | Su |   |   |   | Chest |   |
| M |   |   |   | Waist |   |  | M |   |   |   | Waist |   |
| Tu |   |   |   | Hips |   |  | Tu |   |   |   | Hips |   |
| W |   |   |   | Wrist |   |  | W |   |   |   | Wrist |   |
| Th |   |   |   | Forearm |   |  | Th |   |   |   | Forearm |   |
| F |   |   |   | Date |  |  | F |   |   |   | Date |  |
| Sa |   |   |   |  |  |  | Sa |   |   |   |  |  |
| Week3 | Su |   |   |   | Chest |   |  | Week3 | Su |   |   |   | Chest |   |
| M |   |   |   | Waist |   |  | M |   |   |   | Waist |   |
| Tu |   |   |   | Hips |   |  | Tu |   |   |   | Hips |   |
| W |   |   |   | Wrist |   |  | W |   |   |   | Wrist |   |
| Th |   |   |   | Forearm |   |  | Th |   |   |   | Forearm |  |
| F |   |   |   | Date |   |  | F |   |   |   | Date |   |
| Sa |   |   |   |  |   |  | Sa |   |   |   |   |   |
| Week4 | Su |   |   |   | Chest |   |  | Week4 | Su |   |   |   | Chest |   |
| M |   |   |   | Waist |   |  | M |   |   |   | Waist |   |
| Tu |   |   |   | Hips |   |  | Tu |   |   |   | Hips |   |
| W |   |   |   | Wrist |   |  | W |   |   |   | Wrist |   |
| Th |   |   |   | Forearm |   |  | Th |   |   |   | Forearm |   |
| F |   |   |   | Date |  |  | F |   |   |   | Date |  |
| Sa |   |   |   |  |  |  | Sa |   |   |   |  |  |

**Weight Loss Log [Men]**

 Start Weight: Start Weight:

 Start Date: 10/23/2014 Start Date: 11/20/2014

 Goal: Goal:

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Day** | **Weight** | **Exe** | **Cal** | **Measure\*** |  | **Day** | **Weight** | **Exe** | **Cal** | **Measure\*** |
| Week1 | Su |   |   |   | Chest |   |  | Week1 | Su |   |   |   | Chest |   |
| M |   |   |   | Waist |   |  | M |   |   |   | Waist |   |
| Tu |   |   |   | Thigh |   |  | Tu |   |   |   | Thigh |   |
| W |   |   |   | Arm |   |  | W |   |   |   | Arm |   |
| Th |   |   |   | Date |   |  | Th |   |   |   | Date |   |
| F |   |   |   |   |   |  | F |   |   |   |   |   |
| Sa |   |   |   |   |   |  | Sa |   |   |   |   |   |
| Week2 | Su |   |   |   | Chest |   |  | Week2 | Su |   |   |   | Chest |   |
| M |   |   |   | Waist |   |  | M |   |   |   | Waist |   |
| Tu |   |   |   | Thigh |   |  | Tu |   |   |   | Thigh |   |
| W |   |   |   | Arm |   |  | W |   |   |   | Arm |   |
| Th |   |   |   | Date |   |  | Th |   |   |   | Date |   |
| F |   |   |   |  |  |  | F |   |   |   |  |  |
| Sa |   |   |   |  |  |  | Sa |   |   |   |  |  |
| Week3 | Su |   |   |   | Chest |   |  | Week3 | Su |   |   |   | Chest |   |
| M |   |   |   | Waist |   |  | M |   |   |   | Waist |   |
| Tu |   |   |   | Thigh |   |  | Tu |   |   |   | Thigh |   |
| W |   |   |   | Arm |   |  | W |   |   |   | Arm |   |
| Th |   |   |   | Date |   |  | Th |   |   |   | Date |   |
| F |   |   |   |   |   |  | F |   |   |   |   |   |
| Sa |   |   |   |   |   |  | Sa |   |   |   |   |   |
| Week4 | Su |   |   |   | Chest |   |  | Week4 | Su |   |   |   | Chest |   |
| M |   |   |   | Waist |   |  | M |   |   |   | Waist |   |
| Tu |   |   |   | Thigh |   |  | Tu |   |   |   | Thigh |   |
| W |   |   |   | Arm |   |  | W |   |   |   | Arm |   |
| Th |   |   |   | Date |   |  | Th |   |   |   | Date |   |
| F |   |   |   |  |  |  | F |   |   |   |  |  |
| Sa |   |   |   |  |  |  | Sa |   |   |   |  |  |