**Weight Loss Log [Women]**

Start Weight: Start Weight:

Start Date: Start Date:

Goal: Goal:

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Day** | | **Weight** | **Exe** | **Cal** | **Measure\*** | |  | **Day** | | **Weight** | **Exe** | **Cal** | **Measure\*** | |
| W e e k  1 | Su |  |  |  | Chest |  |  | W e e k  1 | Su |  |  |  | Chest |  |
| M |  |  |  | Waist |  |  | M |  |  |  | Waist |  |
| Tu |  |  |  | Hips |  |  | Tu |  |  |  | Hips |  |
| W |  |  |  | Wrist |  |  | W |  |  |  | Wrist |  |
| Th |  |  |  | Forearm |  |  | Th |  |  |  | Forearm |  |
| F |  |  |  | Date |  |  | F |  |  |  | Date |  |
| Sa |  |  |  |  |  |  | Sa |  |  |  |  |  |
| W e e k  2 | Su |  |  |  | Chest |  |  | W e e k  2 | Su |  |  |  | Chest |  |
| M |  |  |  | Waist |  |  | M |  |  |  | Waist |  |
| Tu |  |  |  | Hips |  |  | Tu |  |  |  | Hips |  |
| W |  |  |  | Wrist |  |  | W |  |  |  | Wrist |  |
| Th |  |  |  | Forearm |  |  | Th |  |  |  | Forearm |  |
| F |  |  |  | Date |  |  | F |  |  |  | Date |  |
| Sa |  |  |  |  |  |  | Sa |  |  |  |  |  |
| W e e k  3 | Su |  |  |  | Chest |  |  | W e e k  3 | Su |  |  |  | Chest |  |
| M |  |  |  | Waist |  |  | M |  |  |  | Waist |  |
| Tu |  |  |  | Hips |  |  | Tu |  |  |  | Hips |  |
| W |  |  |  | Wrist |  |  | W |  |  |  | Wrist |  |
| Th |  |  |  | Forearm |  |  | Th |  |  |  | Forearm |  |
| F |  |  |  | Date |  |  | F |  |  |  | Date |  |
| Sa |  |  |  |  |  |  | Sa |  |  |  |  |  |
| W e e k  4 | Su |  |  |  | Chest |  |  | W e e k  4 | 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\*** | |
| W e e k  1 | Su |  |  |  | Chest |  |  | W e e k  1 | Su |  |  |  | Chest |  |
| M |  |  |  | Waist |  |  | M |  |  |  | Waist |  |
| Tu |  |  |  | Thigh |  |  | Tu |  |  |  | Thigh |  |
| W |  |  |  | Arm |  |  | W |  |  |  | Arm |  |
| Th |  |  |  | Date |  |  | Th |  |  |  | Date |  |
| F |  |  |  |  |  |  | F |  |  |  |  |  |
| Sa |  |  |  |  |  |  | Sa |  |  |  |  |  |
| W e e k  2 | Su |  |  |  | Chest |  |  | W e e k  2 | Su |  |  |  | Chest |  |
| M |  |  |  | Waist |  |  | M |  |  |  | Waist |  |
| Tu |  |  |  | Thigh |  |  | Tu |  |  |  | Thigh |  |
| W |  |  |  | Arm |  |  | W |  |  |  | Arm |  |
| Th |  |  |  | Date |  |  | Th |  |  |  | Date |  |
| F |  |  |  |  |  |  | F |  |  |  |  |  |
| Sa |  |  |  |  |  |  | Sa |  |  |  |  |  |
| W e e k  3 | Su |  |  |  | Chest |  |  | W e e k  3 | Su |  |  |  | Chest |  |
| M |  |  |  | Waist |  |  | M |  |  |  | Waist |  |
| Tu |  |  |  | Thigh |  |  | Tu |  |  |  | Thigh |  |
| W |  |  |  | Arm |  |  | W |  |  |  | Arm |  |
| Th |  |  |  | Date |  |  | Th |  |  |  | Date |  |
| F |  |  |  |  |  |  | F |  |  |  |  |  |
| Sa |  |  |  |  |  |  | Sa |  |  |  |  |  |
| W e e k  4 | Su |  |  |  | Chest |  |  | W e e k  4 | Su |  |  |  | Chest |  |
| M |  |  |  | Waist |  |  | M |  |  |  | Waist |  |
| Tu |  |  |  | Thigh |  |  | Tu |  |  |  | Thigh |  |
| W |  |  |  | Arm |  |  | W |  |  |  | Arm |  |
| Th |  |  |  | Date |  |  | Th |  |  |  | Date |  |
| F |  |  |  |  |  |  | F |  |  |  |  |  |
| Sa |  |  |  |  |  |  | Sa |  |  |  |  |  |