MONTHLY LOG SHEET

WEEK 1

DAY	WEIGHT	EXERCISE TOTAL	CALORIES
M			
Tu			
W			
Th			
F			
Sa			
Su			

WEEK 2

DAY	WEIGHT	EXERCISE TOTAL	CALORIES
M			
Tu			
W			
Th			
F			
Sa			
Su			

WEEK3

DAY	WEIGHT	EXERCISE TOTAL	CALORIES
M			
Tu			
W			
Th			
F			
Sa			
Su			

WEEK 4

DAY	WEIGHT	EXERCISE TOTAL	CALORIES
M			
Tu			
W			
Th			
F			
Sa			
Su			

WEEK 5

DAY	WEIGHT	EXERCISE TOTAL	CALORIES
M			
Tu			
W			
Th			
F			
Sa			
Su			

WEEK 6

DAY	WEIGHT	EXERCISE TOTAL	CALORIES
M			
Tu			
W			
Th			
F			
Sa			
Su			

Start Date:

End Date:

GIRLS:	
Pounds lost:	

GUYS:	
Start wt:	
End wt:	
Pounds lost:	

TOTAL EXERCISE:	
Hrs:	
Min:	

NOTES: