

Weight Loss Log

Start Weight: _____

Start Date: _____

Goal: _____

	Day	Date	Weight	Cals Burned	Cals Eaten	Steps																	
Week 1	Su						Chest					Week 5	Su						Chest				
	M						Waist				M							Waist					
	T						Hips				T							Hips					
	W						Arm				W							Arm					
	Th						Thighs				Th							Thighs					
	F						Calves				F							Calves					
	Sa						Clothing				Sa							Clothing					
Week 2	Su						Chest				Week 6	Su						Chest					
	M						Waist					M						Waist					
	T						Hips					T						Hips					
	W						Arm					W						Arm					
	Th						Thighs					Th						Thighs					
	F						Calves					F						Calves					
	Sa						Clothing					Sa						Clothing					
Week 3	Su						Chest				Week 7	Su						Chest					
	M						Waist					M						Waist					
	T						Hips					T						Hips					
	W						Arm					W						Arm					
	Th						Thighs					Th						Thighs					
	F						Calves					F						Calves					
	Sa						Clothing					Sa						Clothing					
Week 4	Su						Chest				Week 8	Su						Chest					
	M						Waist					M						Waist					
	T						Hips					T						Hips					
	W						Arm					W						Arm					
	Th						Thighs					Th						Thighs					
	F						Calves					F						Calves					
	Sa						Clothing					Sa						Clothing					

Total loss weeks 1-4

Weight _____
 Clothing _____
 Chest _____
 Waist _____
 Hips _____
 Arms _____
 Thighs _____
 Calves _____

Total loss weeks 1-8

Weight _____
 Clothing _____
 Chest _____
 Waist _____
 Hips _____
 Arms _____
 Thighs _____
 Calves _____