

Weight Loss Chart

Weighing in

Age : _____

Height : _____

Starting Weight : _____

Goal Weight : _____

Goals : _____

What Holds You Back? _____

What do you love most about yourself? _____

What have you learned? _____

Highest Moment? _____

Lowest Moment? _____

Weight In	
Weight	
Bust	
Hips	
Thigh	
Arm	
Weight In	
Weight	
Bust	
Hips	
Thigh	
Arm	
Weight In	
Weight	
Bust	
Hips	
Thigh	
Arm	
Weight In	
Weight	
Bust	
Hips	
Thigh	
Arm	

Weight In	
Weight	
Bust	
Hips	
Thigh	
Arm	
Weight In	
Weight	
Bust	
Hips	
Thigh	
Arm	
Weight In	
Weight	
Bust	
Hips	
Thigh	
Arm	
Weight In	
Weight	
Bust	
Hips	
Thigh	
Arm	

Weight In	
Weight	
Bust	
Hips	
Thigh	
Arm	
Weight In	
Weight	
Bust	
Hips	
Thigh	
Arm	
Weight In	
Weight	
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Arm	
Weight In	
Weight	
Bust	
Hips	
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Arm	