

Weight Loss Log

Start Weight:

Start Date:

Goal:

Day	Weight	Exe	Cal	Measure*
Week 1	Su			Chest
	M			Waist
	Tu			Hips
	W			Wrist
	Th			Forearm
	F			Date
	Sa			
Week 2	Su			Chest
	M			Waist
	Tu			Hips
	W			Wrist
	Th			Forearm
	F			Date
	Sa			
Week 3	Su			Chest
	M			Waist
	Tu			Hips
	W			Wrist
	Th			Forearm
	F			Date
	Sa			
Week 4	Su			Chest
	M			Waist
	Tu			Hips
	W			Wrist
	Th			Forearm
	F			Date
	Sa			

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