WEIHT LOSS GOALS

STAR DATE	END DATE

START WEIGHT	GOAL WEIGHT	END WEIGHT

LONG TERM WEIGHT LOSS GOAL

LONG TERM GOALS	GOAL DATE	✓

WHAT MOTIVATES ME

SHORT TERM GOALS	GOAL DATE	✓

THE ULTIMATE REWARD

STATS & MEASURMENTS

	START	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12	WEEK 13
NECK														
CHEST														
WAIST														
HIPS														
LEFT ARM														
RIGHT ARM														
LEFT THIGH														
RIGHT THIGH														
LEFT CALF														
RIGHT CALF														