Weight Loss Tracker

Use this tracker to record the results of your weight loss program.

| | Weeks | | | | | | | | | | | | |
|-------------------------|-------|---|---|---|---|---|---|---|---|---|----|----|----|
| Weight change in pounds | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| | +5 | | | | | | | | | | | | |
| | | | | | | | | | | | | | |
| | 0 | | | | | | | | | | | | |
| | | | | | | | | | | | | | |
| | -5 | | | | | | | | | | | | |
| | | | | | | | | | | | | | |
| | -10 | | | | | | | | | | | | |
| | | | | | | | | | | | | | |
| | -15 | | | | | | | | | | | | |
| | | | | | | | | | | | | | |
| | -20 | | | | | | | | | | | | |
| | | | | | | | | | | | | | |
| | -25 | | | | | | | | | | | | |
| | | | | | | | | | | | | | |
| | Date | | | | | | | | | | | | |