

Weight Loss Chart

Start weight:

Start Date:

Goal:

Start weight:

Start Date:

Goal:

Weight

Exe

Cal

Measure

Weight

Exe

Cal

Measure

WEEK 1

WEEK 1

Sun
Mon
Tues
Wed
Thu
Fri
Sat

Sun
Mon
Tues
Wed
Thu
Fri
Sat

Chest
Waist
Hips
Wrist
Forearm

Chest
Waist
Hips
Wrist
Forearm

WEEK 2

WEEK 2

Sun
Mon
Tues
Wed
Thu
Fri
Sat

Sun
Mon
Tues
Wed
Thu
Fri
Sat

Chest
Waist
Hips
Wrist
Forearm

Chest
Waist
Hips
Wrist
Forearm

WEEK 3

WEEK 3

Sun
Mon
Tues
Wed
Thu
Fri
Sat

Sun
Mon
Tues
Wed
Thu
Fri
Sat

Chest
Waist
Hips
Wrist
Forearm

Chest
Waist
Hips
Wrist
Forearm

WEEK 4

WEEK 4

Sun
Mon
Tues
Wed
Thu
Fri
Sat

Sun
Mon
Tues
Wed
Thu
Fri
Sat

Chest
Waist
Hips
Wrist
Forearm

Chest
Waist
Hips
Wrist
Forearm

WEEK 5

WEEK 5

Sun
Mon
Tues
Wed
Thu
Fri
Sat

Sun
Mon
Tues
Wed
Thu
Fri
Sat

Chest
Waist
Hips
Wrist
Forearm

Chest
Waist
Hips
Wrist
Forearm