

WEIGHT LOSS JOURNAL AND FITNESS TRACKER

Pounds Lost	Inches Lost	Non-Scale Victories

Activity	Sun	Mon	Tues	Wed	Thur	Fri	Sat

Starting	Ending	Difference
Weight:	Weight:	Weight:
Arms:	Arms:	Arms:
Chest:	Chest:	Chest:
Waist:	Waist:	Waist:
Hips:	Hips:	Hips:
Thighs:	Thighs:	Thighs:
Calves:	Calves:	Calves:
BMI:	BMI:	BMI: