

## Weight Loss and Exercise Log

### Personal Information

Name: \_\_\_\_\_ School: \_\_\_\_\_ Age: \_\_\_\_\_  
 Starting Weight: \_\_\_\_\_ Weight Goal: \_\_\_\_\_ Starting Date: \_\_\_\_\_

Log						
Date	Weight	Waist	Chest	Arms	Exercise	Notes
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						
21						
22						
23						
24						
25						
26						
27						
28						
29						
30						
31						
32						
33						
34						
35						
36						
37						
38						
39						
40						