Weight Loss Log

Start Date:		Starting Weight:			Goal:				
Week One				Date:					
	Weight	Exercise	Calories			rements			
	vveigni	Exercise	Calones	Chest	Waist	Thigh	Arm		
Sunday									
Monday									
Tuesday									
Wednesday									
Thursday									
Friday Saturday									
Week Two Date: Measurements									
l	Weight	Exercise	Calories						
Sunday				Chest	Waist	Thigh	Arm		
Monday Tuesday									
Wednesday Thursday									
Friday	_								
Saturday	_								
Week Thre	e			Date:					
	Weight	Exercise	Calories	Chest	Measur	rements Thigh	Arm		
Sunday									
Monday									
Tuesday									
Wednesday									
Thursday									
Friday									
Saturday									
Week Four	•			Date:					
					Measurements				
ı	Weight	Exercise	Calories	Chest	Waist	Thigh	Arm		
Sunday				Cirest	T Valst	1111811	T		
Monday									
Tuesday									
Wednesday									
Thursday									
Friday									
Saturday									
Week Five				Date:					
	Weight	Eversise	Exercise Calories			Measurements			
	vveignt	Exercise	Calories	Chest	Waist	Thigh	Arm		
Sunday									
Monday									
Tuesday									
Wednesday									
Thursday									
Friday									
Saturday									

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