

# Weight Loss Log

Start Date:

Starting Weight:

Goal:

Week One				Date:			
	Weight	Exercise	Calories	Chest	Waist	Thigh	Arm
Sunday							
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Week Two				Date:			
	Weight	Exercise	Calories	Chest	Waist	Thigh	Arm
Sunday							
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Week Three				Date:			
	Weight	Exercise	Calories	Chest	Waist	Thigh	Arm
Sunday							
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Week Four				Date:			
	Weight	Exercise	Calories	Chest	Waist	Thigh	Arm
Sunday							
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Week Five				Date:			
	Weight	Exercise	Calories	Chest	Waist	Thigh	Arm
Sunday							
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							