



# WEIGHT LOSS JOURNAL



## WEIGHING IN

AGE : \_\_\_\_\_  
 HEIGHT : \_\_\_\_\_  
 STARTING WEIGHT : \_\_\_\_\_  
 GOAL WEIGHT : \_\_\_\_\_  
 GOALS : \_\_\_\_\_

WHAT HOLDS YOU BACK? \_\_\_\_\_

WHAT DO YOU LOVE MOST ABOUT YOURSELF? \_\_\_\_\_

WHAT HAVE YOU LEARNED? \_\_\_\_\_

HIGHEST MOMENT? \_\_\_\_\_

LOWEST MOMENT? \_\_\_\_\_

WEIGHT IN	
WEIGHT	
BUST	
HIPS	
THIGH	
ARM	

WEIGHT IN	
WEIGHT	
BUST	
HIPS	
THIGH	
ARM	

WEIGHT IN	
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