

WEIGHT LOSS CHART AND JOURNAL FOR WEIGHT LOSS

WEEKLY REFLECTION

I FEEL:

RECENT VICTORIES:

STRUGGLES:

REMINDERS:

PROGRESS PHOTOS TAKE VITAMINS
 CALORIE GOALS DRINK WATER
 GET SLEEP SET GOALS

NOTES ON SLEEP:

M

T

W

T

F

S

SU

NEXT WEEK:

MEASUREMENTS

DATE	CHEST	BUST	HIPS	WAIST	NECK

DATE	THIGHS	CALVES	UPPER ARM	FOREARM	WEIGHT

GOALS

LONG TERM GOALS:

SHORT TERM GOALS:

SHORT TERM GOALS:

CHALLENGE: _____ **REWARD:** _____

COMPLETED:

MEAL TRACKER

M	BREAKFAST:	LUNCH:	DINNER:	SNACKS:
T	BREAKFAST:	LUNCH:	DINNER:	SNACKS:
W	BREAKFAST:	LUNCH:	DINNER:	SNACKS:
TH	BREAKFAST:	LUNCH:	DINNER:	SNACKS:
F	BREAKFAST:	LUNCH:	DINNER:	SNACKS:
S	BREAKFAST:	LUNCH:	DINNER:	SNACKS:
SU	BREAKFAST:	LUNCH:	DINNER:	SNACKS: