Fitness Journal

DATE: _____

	CURRENT	GOAL
WEIGHT		
BODY RATE %		
ENERGY LEVEL		
OTHERS		

Work Out Schedule | SUN | MON | TUE | WED | THU | FRI | SAT |

Nutrition

Goals

Reward

Daily Weight Loss Chart

STARTING WEIGHT:	GOAL WEIGHT:	
DATE	TIME OF DAY	WEIGHT