

Weight Loss Chart And Journal For Weight Loss

Measurements

Date	Chest	Bust	Hips	Waist	Neck

Date	Chest	Bust	Hips	Waist	Neck

Weekly Reflection

I Feel:

Recent Victories:

struggles:

Reminders:

☐ Progress photos
 ☐ Take Vitamins

☐ Calorie Goals
 ☐ Drink Water

☐ Get Sleep
 ☐ Set Goals

Next Week:

Notes on Sleep:

M

T

W

T

F

S

SU

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:

Goals

Long Term Goals:

☐
☐
☐

Short Term Goals:

☐
☐
☐

Short Term Goals:

☐
☐
☐

Challenge:

Reward:

Completed:
