

# Monthly Weight Loss Log

Name:

Month:

Goal Weight:

| Date | Weight | Weight Lost | Weight Gained | Comments |
|------|--------|-------------|---------------|----------|
| 1    |        |             |               |          |
| 2    |        |             |               |          |
| 3    |        |             |               |          |
| 4    |        |             |               |          |
| 5    |        |             |               |          |
| 6    |        |             |               |          |
| 7    |        |             |               |          |
| 8    |        |             |               |          |
| 9    |        |             |               |          |
| 10   |        |             |               |          |
| 11   |        |             |               |          |
| 12   |        |             |               |          |
| 13   |        |             |               |          |
| 14   |        |             |               |          |
| 15   |        |             |               |          |
| 16   |        |             |               |          |
| 17   |        |             |               |          |
| 18   |        |             |               |          |
| 19   |        |             |               |          |
| 20   |        |             |               |          |
| 21   |        |             |               |          |
| 22   |        |             |               |          |
| 23   |        |             |               |          |
| 24   |        |             |               |          |
| 25   |        |             |               |          |
| 26   |        |             |               |          |
| 27   |        |             |               |          |
| 28   |        |             |               |          |
| 29   |        |             |               |          |
| 30   |        |             |               |          |
| 31   |        |             |               |          |