Weight Loss Calendar

Choose 2-3 days a week to weigh-in, cross out the other days with a big fat X! Keep track of your progress

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date:	Date:	Date:	Date:	Date:	Date:	Date:
Weight:	Weight:	Weight:	Weight:	Weight:	Weight:	Weight:
Date:	Date:	Date:	Date:	Date:	Date:	Date:
Weight:	Weight:	Weight:	Weight:	Weight:	Weight:	Weight:
Date:	Date:	Date:	Date:	Date:	Date:	Date:
Weight:	Weight:	Weight:	Weight:	Weight:	Weight:	Weight:
Date:	Date:	Date:	Date:	Date:	Date:	Date:
Weight:	Weight:	Weight:	Weight:	Weight:	Weight:	Weight:
Date: Weight:	Date: Weight:	This Month's Loss Total:				