

# WEIGHT LOSS JOURNAL

## WEEKLY CHECK IN

GOALS

|                 |                      |                     |
|-----------------|----------------------|---------------------|
| POUNDS LOST     | # OF WORKOUTS        | NON-SCALE VICTORIES |
| BODY FAT % LOST | DAILY CALORIE INTAKE |                     |

CHECK - IN

|                      |   |   |   |   |   |   |   |
|----------------------|---|---|---|---|---|---|---|
|                      | M | T | W | T | F | S | S |
| FOOD JOURNAL         |   |   |   |   |   |   |   |
| VITAMINS/SUPPLEMENTS |   |   |   |   |   |   |   |
| EXERCISE             |   |   |   |   |   |   |   |
| SLEEP TRACKER        |   |   |   |   |   |   |   |
| 8 GLASSES OF WATER   |   |   |   |   |   |   |   |

MEASUREMENTS

|                  |                      |                     |
|------------------|----------------------|---------------------|
| BODY FAT % LOST  | DAILY CALORIE INTAKE | NON-SCALE VICTORIES |
| WAIST _____      | WAIST _____          | WAIST _____         |
| HIPS _____       | HIPS _____           | HIPS _____          |
| THIGHS _____     | THIGHS _____         | THIGHS _____        |
| CALVES _____     | CALVES _____         | CALVES _____        |
| FOREARMS _____   | FOREARMS _____       | FOREARMS _____      |
| WEIGHT _____     | WEIGHT _____         | WEIGHT _____        |
| BODY FAT % _____ | BODY FAT % _____     | BODY FAT % _____    |