

## WEIGHT LOSS CHART

**Starting Date:** \_\_\_\_\_  
**Starting Weight:** \_\_\_\_\_  
**Goal Weight:** \_\_\_\_\_  
**Goal Period:** \_\_\_\_\_

	Day	Exercise	Calories		Measurements							
Week ___	Mon			Chest Waist Hips Thigh Forearm Weight Date	<table border="1" style="width: 100%; height: 100%; border-collapse: collapse;"> <tr><td> </td></tr> <tr><td> </td></tr> <tr><td> </td></tr> <tr><td> </td></tr> <tr><td> </td></tr> <tr><td> </td></tr> <tr><td> </td></tr> </table>							
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**Legend**      **Exercise:**                      How many minutes of daily exercise  
                   **Calories:**                      Approximate daily calorie consumption  
                   **Measurement:**                      Measure yourself weekly on the same day each week