Calendar Weight Loss Log for Month of _____

Date	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
Weight																															
% Fat																															
On Diet? Y or N																															
Exercise? Y or N																															
Exercise date*																															
Plus 8 lb																															
Plus 7 lb																															
Plus 6 lb																															
Plus 5 lb																															
Plus 4lb																															
Plus 3 lb																															
Plus 2 lb																															
Plus 1 lb																															
Starting Weight																															
Minus 1 lb																															
Minus 2 lb																															
Minus 3 lb																															
Minus 4 lb																															
Minus 5 lb																															
Minus 6 lb																															
Minus 7 lb																															
Minus 8 lb																															
Minus 9 lb																															
Minus 10 lb																															
Minus 11 lb																															
Minus 12 lb																															
Minus 13 lb																															
Minus 14 lb																															