

Weight Loss Chart

		Start weight:	Start Date:	Goal:			Start weight:	Start Date:	Goal:		
		Weight	Exe	Cal	Measure			Weight	Exe	Cal	Measure
WEEK 1	Sun					WEEK 1	Sun				
	Mon				Chest		Mon				Chest
	Tues				Waist		Tues				Waist
	Wed				Hips		Wed				Hips
	Thu				Wrist		Thu				Wrist
	Fri				Forearm		Fri				Forearm
	Sat						Sat				
WEEK 2	Sun					WEEK 2	Sun				
	Mon				Chest		Mon				Chest
	Tues				Waist		Tues				Waist
	Wed				Hips		Wed				Hips
	Thu				Wrist		Thu				Wrist
	Fri				Forearm		Fri				Forearm
	Sat						Sat				
WEEK 3	Sun					WEEK 3	Sun				
	Mon				Chest		Mon				Chest
	Tues				Waist		Tues				Waist
	Wed				Hips		Wed				Hips
	Thu				Wrist		Thu				Wrist
	Fri				Forearm		Fri				Forearm
	Sat						Sat				
WEEK 4	Sun					WEEK 4	Sun				
	Mon				Chest		Mon				Chest
	Tues				Waist		Tues				Waist
	Wed				Hips		Wed				Hips
	Thu				Wrist		Thu				Wrist
	Fri				Forearm		Fri				Forearm
	Sat						Sat				
WEEK 5	Sun					WEEK 5	Sun				
	Mon				Chest		Mon				Chest
	Tues				Waist		Tues				Waist
	Wed				Hips		Wed				Hips
	Thu				Wrist		Thu				Wrist
	Fri				Forearm		Fri				Forearm
	Sat						Sat				