

weight loss journal

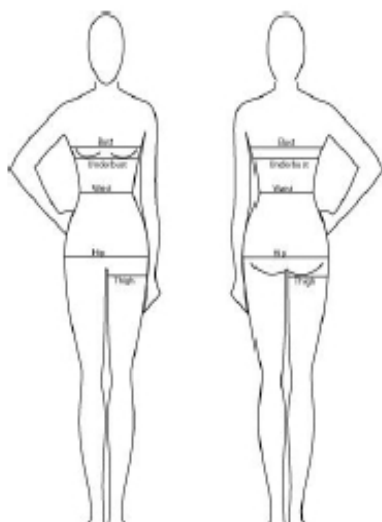
weighing in

Age: _____ Height: _____ Starting Weight: _____ Goal Weight: _____

Goals:

What Holds You Back? _____

your great measure



| Weight In | |
|-----------|--|
| Weight | |
| Bust | |
| Waist | |
| Hips | |
| Thigh | |
| Arm | |

| Weight In | |
|-----------|--|
| Weight | |
| Bust | |
| Waist | |
| Hips | |

| Weight In | |
|-----------|--|
| Weight | |
| Bust | |
| Waist | |
| Hips | |
| Thigh | |
| Arm | |

| Weight In | |
|-----------|--|
| Weight | |
| Bust | |
| Waist | |
| Hips | |

| Weight In | |
|-----------|--|
| Weight | |
| Bust | |
| Waist | |
| Hips | |
| Thigh | |
| Arm | |

| Weight In | |
|-----------|--|
| Weight | |
| Bust | |
| Waist | |
| Hips | |