

WEIGHT LOSS GOAL TEMPLATE

STARTING DATE	STARTING WEIGHT	GOAL WEIGHT	GOAL STATEMENT

DAY	TODAY'S WEIGHT	DISTANCE FROM GOAL	NOTES
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			