

# Weight Loss Calendar

Choose 2-3 days week to weigh-in, cross out the other days with a big fat X! Keep track of your progress!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date: Weight:	Date: Weight:	Date: Weight:	Date: Weight:	Date: Weight:	Date: Weight:	Date: Weight:
Date: Weight:	Date: Weight:	Date: Weight:	Date: Weight:	Date: Weight:	Date: Weight:	Date: Weight:
Date: Weight:	Date: Weight:	Date: Weight:	Date: Weight:	Date: Weight:	Date: Weight:	Date: Weight:
Date: Weight:	Date: Weight:	Date: Weight:	Date: Weight:	Date: Weight:	Date: Weight:	Date: Weight:
Date: Weight:	Date: Weight:	Date: Weight:	<b>THIS MONTH'S LOSS TOTAL:</b>			