

WEIGHT LOSS CHART CALENDAR

4 WEEK TRACKER

Week 1	Weight	+/-	Cal.
Sun.			
Mon.			
Tues.			
Wed.			
Thurs.			
Fri.			
Sat.			

Measurements:

- Arms
- Chest
- Waist
- Hips
- Thighs

Week 2	Weight	+/-	Cal.
Sun.			
Mon.			
Tues.			
Wed.			
Thurs.			
Fri.			
Sat.			

Measurements:

- Arms
- Chest
- Waist
- Hips
- Thighs

Week 3	Weight	+/-	Cal.
Sun.			
Mon.			
Tues.			
Wed.			
Thurs.			
Fri.			
Sat.			

Measurements:

- Arms
- Chest
- Waist
- Hips
- Thighs

Week 4	Weight	+/-	Cal.
Sun.			
Mon.			
Tues.			
Wed.			
Thurs.			
Fri.			
Sat.			

Measurements:

- Arms
- Chest
- Waist
- Hips
- Thighs