

Weight Loss Log

Start Weight: _____
 Start Date: _____
 Goal: _____

	Day	Date	Weight	Cals Burned	Cals Eaten	Steps															
Week 1	Su						Chest														
	M						Waist														
	T						Hips														
	W						Arm														
	Th						Thighs														
	F						Calves														
	Sa						Clothing														
Week 2	Su						Chest														
	M						Waist														
	T						Hips														
	W						Arm														
	Th						Thighs														
	F						Calves														
	Sa						Clothing														
Week 3	Su						Chest														
	M						Waist														
	T						Hips														
	W						Arm														
	Th						Thighs														
	F						Calves														
	Sa						Clothing														
Week 4	Su						Chest														
	M						Waist														
	T						Hips														
	W						Arm														
	Th						Thighs														
	F						Calves														
	Sa						Clothing														
Week 5	Su						Chest														
	M						Waist														
	T						Hips														
	W						Arm														
	Th						Thighs														
	F						Calves														
	Sa						Clothing														
Week 6	Su						Chest														
	M						Waist														
	T						Hips														
	W						Arm														
	Th						Thighs														
	F						Calves														
	Sa						Clothing														
Week 7	Su						Chest														
	M						Waist														
	T						Hips														
	W						Arm														
	Th						Thighs														
	F						Calves														
	Sa						Clothing														
Week 8	Su						Chest														
	M						Waist														
	T						Hips														
	W						Arm														
	Th						Thighs														
	F						Calves														
	Sa						Clothing														

Total loss weeks 1-4
 Weight _____
 Clothing _____
 Chest _____
 Waist _____
 Hips _____
 Arms _____
 Thighs _____
 Calves _____

Total loss weeks 1-8
 Weight _____
 Clothing _____
 Chest _____
 Waist _____
 Hips _____
 Arms _____
 Thighs _____
 Calves _____