

# Weight Loss Chart

Weigh In Day:

| Week        | Weight | Arms | Bust | Waist | Hips | Weekly Observations |
|-------------|--------|------|------|-------|------|---------------------|
| Start       |        |      |      |       |      |                     |
| 1           |        |      |      |       |      |                     |
| 2           |        |      |      |       |      |                     |
| 3           |        |      |      |       |      |                     |
| 4           |        |      |      |       |      |                     |
| 5           |        |      |      |       |      |                     |
| 6           |        |      |      |       |      |                     |
| 7           |        |      |      |       |      |                     |
| 8           |        |      |      |       |      |                     |
| 9           |        |      |      |       |      |                     |
| 10          |        |      |      |       |      |                     |
| 11          |        |      |      |       |      |                     |
| 12          |        |      |      |       |      |                     |
| <b>Goal</b> |        |      |      |       |      |                     |

Reasons to Lose!

1 \_\_\_\_\_  
 2 \_\_\_\_\_

3 \_\_\_\_\_  
 4 \_\_\_\_\_