

WEIGHT LOSS TRACKER

MONTH 1	DATE	WEIGHT	Remarks
Week 1			<input type="checkbox"/> I lost a little weight! <input type="checkbox"/> It's too early to tell!
Week 2			<input type="checkbox"/> Progress! <input type="checkbox"/> No weight loss yet
Week 3			<input type="checkbox"/> I lost weight! <input type="checkbox"/> No weight loss this week
Week 4			<input type="checkbox"/> Doing well <input type="checkbox"/> I'll try harder

MONTH 2	DATE	WEIGHT	Remarks (pick from bottom of page or write your own)
Week 5			
Week 6			
Week 7			
Week 8			

MONTH 3	DATE	WEIGHT	Remarks
Week 9			
Week 10			
Week 11			
Week 12			

MONTH 4	DATE	WEIGHT	Remarks
Week 13			
Week 14			
Week 15			
Week 16			

MONTH 5	DATE	WEIGHT	Remarks
Week 17			
Week 18			
Week 19			
Week 20			

MONTH 6	DATE	WEIGHT	Remarks
Week 21			
Week 22			
Week 23			
Week 24			