

### Weight Loss Log

Start Weight: \_\_\_\_\_  
 Start Date: \_\_\_\_\_  
 Goal: \_\_\_\_\_

| Day    | Weight | Exe | Cal | Measure* |
|--------|--------|-----|-----|----------|
| Week 1 | Su     |     |     | Chest    |
|        | M      |     |     | Waist    |
|        | Tu     |     |     | Thigh    |
|        | W      |     |     | Arm      |
|        | Th     |     |     | Date     |
|        | F      |     |     |          |
|        | Sa     |     |     |          |
| Week 2 | Su     |     |     | Chest    |
|        | M      |     |     | Waist    |
|        | Tu     |     |     | Thigh    |
|        | W      |     |     | Arm      |
|        | Th     |     |     | Date     |
|        | F      |     |     |          |
|        | Sa     |     |     |          |
| Week 3 | Su     |     |     | Chest    |
|        | M      |     |     | Waist    |
|        | Tu     |     |     | Thigh    |
|        | W      |     |     | Arm      |
|        | Th     |     |     | Date     |
|        | F      |     |     |          |
|        | Sa     |     |     |          |
| Week 4 | Su     |     |     | Chest    |
|        | M      |     |     | Waist    |
|        | Tu     |     |     | Thigh    |
|        | W      |     |     | Arm      |
|        | Th     |     |     | Date     |
|        | F      |     |     |          |
|        | Sa     |     |     |          |
| Week 5 | Su     |     |     | Chest    |
|        | M      |     |     | Waist    |
|        | Tu     |     |     | Thigh    |
|        | W      |     |     | Arm      |
|        | Th     |     |     | Date     |
|        | F      |     |     |          |
|        | Sa     |     |     |          |

### Weight Loss Log

Start Weight: \_\_\_\_\_  
 Start Date: \_\_\_\_\_  
 Goal: \_\_\_\_\_

| Day    | Weight | Exe | Cal | Measure* |
|--------|--------|-----|-----|----------|
| Week 1 | Su     |     |     | Chest    |
|        | M      |     |     | Waist    |
|        | Tu     |     |     | Thigh    |
|        | W      |     |     | Arm      |
|        | Th     |     |     | Date     |
|        | F      |     |     |          |
|        | Sa     |     |     |          |
| Week 2 | Su     |     |     | Chest    |
|        | M      |     |     | Waist    |
|        | Tu     |     |     | Thigh    |
|        | W      |     |     | Arm      |
|        | Th     |     |     | Date     |
|        | F      |     |     |          |
|        | Sa     |     |     |          |
| Week 3 | Su     |     |     | Chest    |
|        | M      |     |     | Waist    |
|        | Tu     |     |     | Thigh    |
|        | W      |     |     | Arm      |
|        | Th     |     |     | Date     |
|        | F      |     |     |          |
|        | Sa     |     |     |          |
| Week 4 | Su     |     |     | Chest    |
|        | M      |     |     | Waist    |
|        | Tu     |     |     | Thigh    |
|        | W      |     |     | Arm      |
|        | Th     |     |     | Date     |
|        | F      |     |     |          |
|        | Sa     |     |     |          |
| Week 5 | Su     |     |     | Chest    |
|        | M      |     |     | Waist    |
|        | Tu     |     |     | Thigh    |
|        | W      |     |     | Arm      |
|        | Th     |     |     | Date     |
|        | F      |     |     |          |
|        | Sa     |     |     |          |