## Weight Loss Log

|    | Date | Weight | Chest | Waist | Hips | Comments / Notes |
|----|------|--------|-------|-------|------|------------------|
| 1  |      |        |       |       |      |                  |
| 2  |      |        |       |       |      |                  |
| 3  |      |        |       |       |      |                  |
| 4  |      |        |       |       |      |                  |
| 5  |      |        |       |       |      |                  |
| 6  |      |        |       |       |      |                  |
| 7  |      |        |       |       |      |                  |
| 8  |      |        |       |       |      |                  |
| 9  |      |        |       |       |      |                  |
| 10 |      |        |       |       |      |                  |
| 11 |      |        |       |       |      |                  |
| 12 |      |        |       |       |      |                  |
| 13 |      |        |       |       |      |                  |
| 14 |      |        |       |       |      |                  |
| 15 |      |        |       |       |      |                  |
| 16 |      |        |       |       |      |                  |
| 17 |      |        |       |       |      |                  |
| 18 |      |        |       |       |      |                  |
| 19 |      |        |       |       |      |                  |
| 20 |      |        |       |       |      |                  |
| 21 |      |        |       |       |      |                  |
| 22 |      |        |       |       |      |                  |
| 23 |      |        |       |       |      |                  |
| 24 |      |        |       |       |      |                  |
| 25 |      |        |       |       |      |                  |
| 26 |      |        |       |       | _    |                  |