

MONTHLY LOG SHEET

WEEK 1

DAY	WEIGHT	EXERCISE TOTAL	CALORIES
M			
Tu			
W			
Th			
F			
Sa			
Su			

WEEK 2

DAY	WEIGHT	EXERCISE TOTAL	CALORIES
M			
Tu			
W			
Th			
F			
Sa			
Su			

WEEK 3

DAY	WEIGHT	EXERCISE TOTAL	CALORIES
M			
Tu			
W			
Th			
F			
Sa			
Su			

WEEK 4

DAY	WEIGHT	EXERCISE TOTAL	CALORIES
M			
Tu			
W			
Th			
F			
Sa			
Su			

WEEK 5

DAY	WEIGHT	EXERCISE TOTAL	CALORIES
M			
Tu			
W			
Th			
F			
Sa			
Su			

WEEK 6

DAY	WEIGHT	EXERCISE TOTAL	CALORIES
M			
Tu			
W			
Th			
F			
Sa			
Su			

Start Date:

End Date:

GIRLS:

Pounds lost:

GUYS:

Start wt:

End wt:

Pounds lost:

TOTAL EXERCISE:

Hrs:

Min:

NOTES: