

weight loss journal

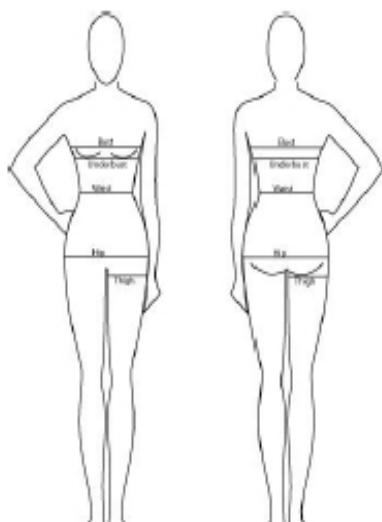
weighing in

Age: _____ Height: _____ Starting Weight: _____ Goal Weight: _____

Goals:

What Holds You Back? _____

your great measure



Weight In	
Weight	
Bust	
Waist	
Hips	
Thigh	
Arm	

Weight In	
Weight	
Bust	
Waist	
Hips	

Weight In	
Weight	
Bust	
Waist	
Hips	
Thigh	
Arm	

Weight In	
Weight	
Bust	
Waist	
Hips	

Weight In	
Weight	
Bust	
Waist	
Hips	
Thigh	
Arm	

Weight In	
Weight	
Bust	
Waist	
Hips	