Weight Loss Journal

Height (feet)	Instructions: Replace the sample data in the first five columns, and in the Height boxes to the right. The last four (gray) columns will be calculated for you using formulas. Then, see your progress by looking at the Measurements, Weight and BMI, and Weight and Body Fat
Height (inches)	Charts on the other worksheets. For more information on formulas or using data in charts, see Excel Help.

Date	Weight (pounds)	Chest (inches)	Waist (inches)	Hips (inches)	Estimated Lean Body Weight	Estimated Body Fat Weight	Estimated Body Fat Percentage	Estimated Body Mass Index (BMI)