WEIGHT LOSS TRACKER 8 WEEK

| Week 1 | Weight | +/- | Cal. | Measurements: | Week 5 | Weight | +/- | Cal. | Measurements: |
|--------|--------|-----|------|---------------|--------|--------|-----|------|---------------|
| Sun. | | | | | Sun. | | | | |
| Mon. | | | | Arms | Mon. | | | | Arms |
| Tues. | | | | Chest | Tues. | | | | Chest |
| Wed. | | | | Waist | Wed. | | | | Waist |
| Thurs. | | | | Hips | Thurs. | | | | Hips |
| Fri. | | | | Thighs | Fri. | | | | Thighs |
| Sat. | | | | | Sat. | | | | |
| Week 2 | Weight | +/- | Cal. | Measurements: | Week 6 | Weight | +/- | Cal. | Measurements: |
| Sun. | | | | | Sun. | | | | Ī |
| Mon. | | | | Arms | Mon. | | | | Arms |
| Tues. | | | | Chest | Tues. | | | | Chest |
| Wed. | | | | Waist | Wed. | | | | Waist |
| Thurs. | | | | Hips | Thurs. | | | | Hips |
| Fri. | | | | Thighs | Fri. | | | | Thighs |
| Sat. | | | | | Sat. | | | |] |
| Week 3 | Weight | +/- | Cal. | Measurements: | Week 7 | Weight | +/- | Cal. | Measurements: |
| Sun. | | | | | Sun. | | | | |
| Mon. | | | | Arms | Mon. | | | | Arms |
| Tues. | | | | Chest | Tues. | | | | Chest |
| Wed. | | | | Waist | Wed. | | | | Waist |
| Thurs. | | | | Hips | Thurs. | | | | Hips |
| Fri. | | | | Thighs | Fri. | | | | Thighs |
| Sat. | | | | | Sat. | | | |] |
| Week 4 | Weight | +/- | Cal. | Measurements: | Week 8 | Weight | +/- | Cal. | Measurements: |
| Sun. | | | | | Sun. | | | | 1 |
| Mon. | | | | Arms | Mon. | | | | Arms |
| Tues. | | | | Chest | Tues. | | | | Chest |
| Wed. | | | | Waist | Wed. | | | | Waist |
| Thurs. | | | | Hips | Thurs. | | | | Hips |
| Fri. | | | | Thighs | Fri. | | | | Thighs |
| Sat. | | | | | Sat. | | | | 1 |