

{ FREE PRINTABLE } *Weight Chart*

MONTH:

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Weight Goals

WEEK	WEIGHT	GOAL WEIGHT (BY NEXT WEEK)	GOAL MET? (Y/N)	# OF WORKOUTS	NUTRITIONAL NOTES

THE 'GOAL MET' COLUMNS WILL BE FILLED WITH YES/NO DEPENDING ON IF YOU WERE ABLE TO REACH YOUR GOAL FROM THE PREVIOUS WEEK. YOU WON'T FILL IN THE Y/N FOR THE FIRST WEEK UNLESS YOU HAD A PREVIOUSLY-SET GOAL.