

# weight loss journal

## weighing in

Age: \_\_\_\_\_ Height: \_\_\_\_\_ Starting Weight: \_\_\_\_\_ Goal Weight: \_\_\_\_\_

Goals:

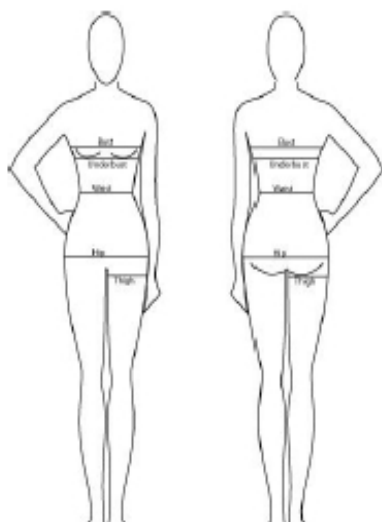
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\_\_\_\_\_

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	