Weight Loss Log

Start Weight: _____
Start Date: _____
Goal: _____

Day		Weight	Exe	Cal	Measure*	
Week 1	Su				Chest	
	M				Waist	
	Tu				Hips	
	W				Wrist	
	Th				Forearm	
	F				Date	
	Sa					
Week 2	Su				Chest	
	M				Waist	
	Tu				Hips	
	W				Wrist	
	Th				Forearm	
	F				Date	
	Sa					
Week 3	Su				Chest	
	M				Waist	
	Tu				Hips	
	W				Wrist	
	Th				Forearm	
	F				Date	
	Sa					
Week 4	Su				Chest	
	M				Waist	
	Tu				Hips	
	W				Wrist	
	Th				Forearm	
	F				Date	
	Sa					
Week 5	Su				Chest	
	M				Waist	
	Tu				Hips	
	W				Wrist	
	Th				Forearm	
	F				Date	
	Sa					

*Measure once a week, on the same day each week.