Weight Loss Log

Start Weight:	
Start Date:	
Goal:	

Do	ау	Weight	Exe	Cal	Measure*
	Su				Chest
	Μ				Waist
_	Tυ				Hips
Week	W				Wrist
χ.	Th				Forearm
	F				Date
:	Sa				
	Su				Chest
	М				Waist
2	Tυ				Hips
Week 2	W				Wrist
$\stackrel{>}{>}$	Th				Forearm
	F				Date
	Sa				
	Su				Chest
	М				Waist
က	Tυ				Hips
Week 3	W				Wrist
×	Th				Forearm
	F				Date
	Sa				
	Su				Chest
	М				Waist
4	Tυ				Hips
Week 4	W				Wrist
Š	Th				Forearm
	F				Date
	Sa				
	Su				Chest
	Μ				Waist
2	Τυ				Hips
Week 5	W				Wrist
ž	Th				Forearm
	F				Date
	Sa				

Weight Loss Log

Start Weight:	
Start Date:	
Goal:	

D	ау	Weight	Exe	Cal	Measure*
	Sυ				Chest
	Μ				Waist
_	Τυ				Hips
Week	W				Wrist
	Th				Forearm
	F				Date
	Sa				
	Sυ				Chest
	M				Waist
7	Τυ				Hips
Week	W				Wrist
\aleph	Th				Forearm
	F				Date
	Sa				
	Su				Chest
	M				Waist
3	Τυ				Hips
Week 3	W				Wrist
×	Th				Forearm
	F				Date
	Sa				
	Sυ				Chest
	M				Waist
4	Τυ				Hips
Week 4	W				Wrist
W	Th				Forearm
	F				Date
	Sa				
	Su				Chest
	M				Waist
Week 5	Τυ				Hips
	W				Wrist
	Th				Forearm
	F				Date
	Sa				

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