

weight loss journal

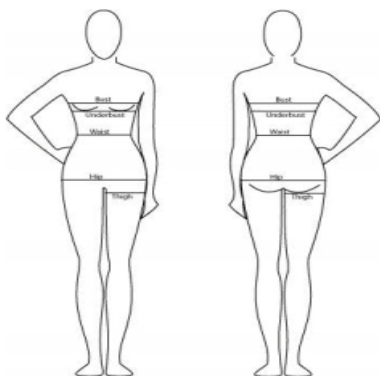
weighing in

Age: _____ Height: _____ Starting Weight: _____ Goal Weight: _____

Goals:

What Holds You Back? _____

your great measure



What do you love most about yourself?

What have you learned? _____

Highest Moment? _____

Lowest Moment? _____

Weight In	
Weight	
Bust	
Waist	
Hips	
Thigh	
Arm	

Weight In	
Weight	
Bust	
Waist	
Hips	
Thigh	
Arm	

Weight In	
Weight	
Bust	
Waist	
Hips	
Thigh	
Arm	

Weight In	
Weight	
Bust	
Waist	
Hips	
Thigh	
Arm	

Weight In	
Weight	
Bust	
Waist	
Hips	
Thigh	
Arm	

Weight In	
Weight	
Bust	
Waist	
Hips	
Thigh	
Arm	

Weight In	
Weight	
Bust	
Waist	
Hips	
Thigh	
Arm	

Weight In	
Weight	
Bust	
Waist	
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Weight In	
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