

Simple Weight Loss Journey

Starting Weight:

Goal Weight:

Start Date:

Goal Date:

Week	Weight
Week 1	 Weight
Week 2	 Weight
Week 3	 Weight
Week 4	 Weight
Week 5	 Weight
Week 6	 Weight
Week 7	 Weight
Week 8	 Weight
Week 9	 Weight
Week 10	 Weight
Week 11	 Weight
Week 12	 Weight
Week 13	 Weight
Week 14	 Weight
Week 15	 Weight
Week 16	 Weight
Week 17	 Weight
Week 18	 Weight
Week 19	 Weight
Week 20	 Weight
Week 21	 Weight
Week 22	 Weight
Week 23	 Weight
Week 24	 Weight
Week 25	 Weight
Week 26	 Weight
Week 27	 Weight
Week 28	 Weight
Week 29	 Weight
Week 30	 Weight