

Weekly **WEIGH-IN TRACKER**

Name:

Week:

Week	Date	Weight	Change	Goal Check	Mood
				 On Track	
				 On Track	
				 On Track	
				 On Track	
				 On Track	
				 On Track	
				 On Track	
				 On Track	
				 On Track	
				 On Track	
				 On Track	
				 On Track	
				 On Track	
				 On Track	
				 On Track	



Notes / Wins This Week