

# Weight Loss Chart

Start weight:

Start Date:

Goal:

Start weight:

Start Date:

Goal:

Weight

Exe

Cal

Measure

Weight

Exe

Cal

Measure

**WEEK 1**

**WEEK 1**

Sun			
Mon			
Tues			
Wed			
Thu			
Fri			
Sat			

Sun			
Mon			
Tues			
Wed			
Thu			
Fri			
Sat			

- Chest
- Waist
- Hips
- Wrist
- Forearm

- Chest
- Waist
- Hips
- Wrist
- Forearm

**WEEK 2**

**WEEK 2**

Sun			
Mon			
Tues			
Wed			
Thu			
Fri			
Sat			

Sun			
Mon			
Tues			
Wed			
Thu			
Fri			
Sat			

- Chest
- Waist
- Hips
- Wrist
- Forearm

- Chest
- Waist
- Hips
- Wrist
- Forearm

**WEEK 3**

**WEEK 3**

Sun			
Mon			
Tues			
Wed			
Thu			
Fri			
Sat			

Sun			
Mon			
Tues			
Wed			
Thu			
Fri			
Sat			

- Chest
- Waist
- Hips
- Wrist
- Forearm

- Chest
- Waist
- Hips
- Wrist
- Forearm

**WEEK 4**

**WEEK 4**

Sun			
Mon			
Tues			
Wed			
Thu			
Fri			
Sat			

Sun			
Mon			
Tues			
Wed			
Thu			
Fri			
Sat			

- Chest
- Waist
- Hips
- Wrist
- Forearm

- Chest
- Waist
- Hips
- Wrist
- Forearm

**WEEK 5**

**WEEK 5**

Sun			
Mon			
Tues			
Wed			
Thu			
Fri			
Sat			

Sun			
Mon			
Tues			
Wed			
Thu			
Fri			
Sat			

- Chest
- Waist
- Hips
- Wrist
- Forearm

- Chest
- Waist
- Hips
- Wrist
- Forearm