

Weight Loss Chart

Weigh In Day:

Week	Weight	Arms	Bust	Waist	Hips	Weekly Observations
Start						
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
Goal						

Reasons to Lose!

1 _____
 2 _____

3 _____
 4 _____