Calendar Weight Loss Log for Month of_____May 2010_____

Date	goal	start	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	end
			S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	
Weight																																		
Weight-running ave		0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
% Fat																																		
% Fat-running ave		0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
On Diet? Y or N																																		
Exercise? Y or N																																		
Exercise date*																																		
Avoided Fast Food?																																		
Avoided MSG?																																		
No Late Nite Snack																																		
Plus 5 lb																																		
Plus 4lb																																		
Plus 3 lb																																		
Plus 2 lb																																		
Plus 1 lb																																		
Starting Weight																																		
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