

Weight Loss Log



Start Weight: _____
 Start Date: _____
 Goal: _____

	Day	Date	Weight	Cals Burned	Cals Eaten	Steps												
Week 1	Su						Chest										Chest	
	M						Waist										Waist	
	T						Hips										Hips	
	W						Arm										Arm	
	Th						Thighs										Thighs	
	F						Calves										Calves	
	Sa						Clothing										Clothing	
Week 2	Su						Chest										Chest	
	M						Waist										Waist	
	T						Hips										Hips	
	W						Arm										Arm	
	Th						Thighs										Thighs	
	F						Calves										Calves	
	Sa						Clothing										Clothing	
Week 3	Su						Chest										Chest	
	M						Waist										Waist	
	T						Hips										Hips	
	W						Arm										Arm	
	Th						Thighs										Thighs	
	F						Calves										Calves	
	Sa						Clothing										Clothing	
Week 4	Su						Chest										Chest	
	M						Waist										Waist	
	T						Hips										Hips	
	W						Arm										Arm	
	Th						Thighs										Thighs	
	F						Calves										Calves	
	Sa						Clothing										Clothing	
Week 5	Su						Chest										Chest	
	M						Waist										Waist	
	T						Hips										Hips	
	W						Arm										Arm	
	Th						Thighs										Thighs	
	F						Calves										Calves	
	Sa						Clothing										Clothing	
Week 6	Su						Chest										Chest	
	M						Waist										Waist	
	T						Hips										Hips	
	W						Arm										Arm	
	Th						Thighs										Thighs	
	F						Calves										Calves	
	Sa						Clothing										Clothing	
Week 7	Su						Chest										Chest	
	M						Waist										Waist	
	T						Hips										Hips	
	W						Arm										Arm	
	Th						Thighs										Thighs	
	F						Calves										Calves	
	Sa						Clothing										Clothing	
Week 8	Su						Chest										Chest	
	M						Waist										Waist	
	T						Hips										Hips	
	W						Arm										Arm	
	Th						Thighs										Thighs	
	F						Calves										Calves	
	Sa						Clothing										Clothing	

Total loss weeks 1-4

Weight _____
 Clothing _____

Chest _____
 Waist _____
 Hips _____
 Arms _____
 Thighs _____
 Calves _____

Total loss weeks 1-8

Weight _____
 Clothing _____

Chest _____
 Waist _____
 Hips _____
 Arms _____
 Thighs _____
 Calves _____