

File Created by [Blogging Rebirth](#) WP Plugin

# Motivate Yourself With Free Printable Weight Loss chart

A free printable weight loss chart provides a guide to assist you when you embark on your weight loss journey. They provide a convenient way to record and track your progress as well as providing tangible evidence of your goals to help motivate you to achieve them. Therefore they are a helpful weight loss companion to show your progress at a glance.

The charts reveal your weekly and monthly weight loss achievements. This is unbelievably motivating when you can see the results of your hard work. If you can see that you have lost 5, 10 or 15 pounds you don't feel so guilty and discouraged if you fall off the diet wagon and regain a pound or two.

It is easy to create a weight loss chart but it is easier to download free printable weight loss charts from the internet. Many websites offer free printable weight loss charts. In fact, you can download a free printable weight loss chart just by clicking the link below. Ideally you should print it out so that it can be written on.

[Click here to download your free printable weight loss chart.](#)

So you don't need to search for a free printable weight loss chart. Our downloadable weight loss chart is in PDF format which is compatible with all computer types and can be printed on almost any home printer.

Accessing software to record your progress is inconvenient. This is why a free printable weight loss chart provides an ideal method to record your progress. After printing your weight loss chart, Place it in a prominent location where you will see it regularly. Your fridge is an excellent location because when you are tempted to snack you will see it there where it can motivate you to either skip the snack completely or at least substitute something healthy like a carrot or piece of celery. There is no point hiding the chart in a filing tray or drawer where you won't see it.

If you don't want family or friends seeing the chart you could hang it on the back of your bathroom or bedroom door. But it's good for family and friends to see your progress. There is nothing better than the praise of family and friends to help motivate you in your weight loss efforts. I'm sure we can all relate to receiving a pat on the back for our efforts and the pleasure it creates.

So why do free printable weight loss charts help?

They allow you to quickly record your daily calorie intake, amount of exercise and weight loss progress. You can also perform weekly or monthly measurements of your chest, waist, hips and thighs to see how much difference your weight loss is making physically. This of course is very motivating. With your calorie intake, an approximate figure is okay but make sure you record any extra calories resulting from indulging in high calorie snacks or fried foods. This will provide an indication of problem areas that cause temporary reductions in the rate of weight lost. Over time you will receive a good indication of how much you can eat without gaining weight. You can then use this information to maintain your ideal weight when you have achieved your weight loss goals.

When should you weigh yourself?

The best time to weigh yourself is in the morning, before eating anything. This is when you will achieve the most accurate weight reading. As the day progresses your body tends to retain fluid which is flushed out during the night or in the morning when you rise. Therefore, it is crucial to weigh yourself at the same time to avoid the inaccuracies caused by regular daily weight fluctuations. It is recommended that you weigh yourself on a weekly basis so that the amount of weight loss is more significant and therefore more encouraging.

It's a fantastic idea to keep a regular, accurate record of your weight loss progress. This is one of the best ways for you to stay motivated and on track to achieve your weight loss goals. Our free printable weight loss charts are easy to use, so make sure you download yours today.

[Download your FREE printable weight loss chart here](#)

WEIGHT LOSS CHART			
Starting Date:		_____	
Starting Weight:		_____	
Goal Weight:		_____	
Goal Period:		_____	

  

Day	Exercise	Calories	Measurements
Mon			Chest
Tue			Waist
Wed			Hips
Thu			Thigh
Fri			Forearm
Sat			Weight
Sun			Date

Week \_\_

  

Day	Exercise	Calories	Measurements
Mon			Chest
Tue			Waist
Wed			Hips
Thu			Thigh
Fri			Forearm
Sat			Weight
Sun			Date

Week \_\_

  

Day	Exercise	Calories	Measurements
Mon			Chest
Tue			Waist
Wed			Hips
Thu			Thigh
Fri			Forearm
Sat			Weight
Sun			Date

Week \_\_

  

Day	Exercise	Calories	Measurements
Mon			Chest
Tue			Waist
Wed			Hips
Thu			Thigh
Fri			Forearm
Sat			Weight
Sun			Date

Week \_\_

  

Day	Exercise	Calories	Measurements
Mon			Chest
Tue			Waist
Wed			Hips
Thu			Thigh
Fri			Forearm
Sat			Weight
Sun			Date

Week \_\_

  

Legend

**Exercise:** How many minutes of daily exercise

**Calories:** Approximate daily calorie consumption

**Measurement:** Measure yourself weekly on the same day each week

You can also find this article published on [Motivate Yourself With Free Printable Weight Loss chart](#)