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Why Use a Printable Weight Loss Chart?

You may be wondering why you need a printable weight loss chart. What is the point of it? Why does it help?

A printable weight loss chart offers many benefits that you may not have considered. Have you ever noticed that when you have a busy day and you write down all the things you need to get done that you achieve more of those aims than you would had you not written them down? The reason for this is that you refer back to that list when you complete a task to see what other tasks need to be completed. In other words, that list helps maintain your focus on the GOALS you have for the day. If you tick or cross off tasks as they are completed it also provides motivation because you can see your progress at a glance.

I'm sure just about anyone reading this has heard of the 'Law of Attraction' and one important aspect of utilizing the law of attraction involves the use of a 'vision board' or 'dream map'. This is a poster created containing pictures and phrases pertaining to the life you desire. It may include pictures of happy families engaged in family activities, luxury cruise ships (for holidays), a Lamborghini Countach as your ideal car, a mansion for your home and even a picture of you with the body you want. For this last one, just attach a head shot of yourself to an image of the body you want to achieve. Make sure it's practical though, if you're 6' tall and 2' across the shoulders (bones only) then pasting a picture of some petite little person who isn't even 1.5' wide isn't going to work as it's physically impossible because you can't change your bone size. The purpose of this poster is to help you focus on the things you desire and motivate you to do the things you need to do to achieve them.

The purpose of a printable weight loss chart is basically the same thing. You display it in a prominent position where you will see it regularly, this way it keeps your weight loss goals firmly in mind, you can see your progress at a glance and it helps to motivate you to continue your weight loss efforts. There are many things the chart will contain.

1. Start date: This provides a yardstick for your efforts. With it you can see how much weight you lose over time. For example you may have lost 12lbs in 12 weeks.
2. Starting weight: What you weighed at the beginning. Again, used as a yardstick to see how far you have come.
3. Goal weight: Your goal weight provides a tangible goal for you to commit to rather than just some airy fairy 'I want to lose weight'. This goal weight should be decided in consultation with your family doctor based upon your BMI so that you don't have unrealistic weight loss goals.
4. Goal period: How long do you want to take to reach your goal weight? It is extremely important that you select a practical time frame. Don't aim to lose 50 lbs in 12 weeks because it's not going to happen and you will become discouraged and give up. Even if it were possible, if you lost weight that quickly within 12 weeks of stopping the diet you would probably have regained those 50 lbs plus an extra 10 lbs. Aim for a weight loss of around one to two pounds per week. If you have a large amount of weight to lose you can do it in stages. Say for example you need to lose a total of 100 lbs, make your first goal 50 lbs then when you reach that create another 50 lb goal. That way the odds don't seem so insurmountable.
5. Body measurements: Taking weekly measurements is a great way to see the true physical effects of your weight loss before they become visually evident. Your measurements for week one will be your starting measurements. Measurements normally include the waist, chest, hips, thigh and forearm. It's great when you see that your waist measured 42" one week then only 41" the next. You wouldn't notice that shrinkage visually but the measurement provides tangible evidence of weight loss. So the purpose of these measurements is to encourage and motivate you.
6. Daily calories: This one is extremely important. You need to become aware of the calorie content of the foods you eat because many of us eat foods that have extremely high calorie content. You can use a calorie counter book or visit [Nutrition data](#) to find information on the calorie content of foods. Don't forget to take drinks into account also. While a cup of white coffee with two sugars only contains about 20 calories a can of non-diet soda contains around 160 calories and 12 floz of fruit juice contains around 200 calories (but much more nutrients than soda). Four cans of soda per day increases your calorie intake by 640 calories which constitutes about a third of your energy requirements. The same amount of diet soda will

only contribute about 20 calories. So if you must drink soda at least drink diet soda. By using portion control and counting calories you can identify what calorie intake you require to achieve weight loss and if you don't lose weight one week then you know you need to reduce your calorie intake the following week.

7. Daily exercise: Recording daily exercise is more about being accountable. It doesn't have to be a huge amount, just an average of 10-15 minutes a day can have a significant impact. Nor does it have to be walking, running, cycling, gym workout etc. Even doing housework like mowing lawns, cleaning gutters, vacuuming, cleaning walls etc is exercise and can use a surprising amount of energy. The point is to exercise regularly. It doesn't have to be every day, 30 minutes every second day is fine. If you notice you haven't done any exercise for a couple of days then make sure you do some and write it down. Otherwise you could end up going days or even weeks without exercise before you realize and that won't help you with your weight loss goals.
8. Weekly weight: Again, tracking and motivational here. Some people like to weigh themselves daily but I prefer weekly, I'd rather find that I've lost a pound in one week than one or two ounces per day. It is important to weigh yourself regularly, weighing yourself keeps your weight loss goals firmly in mind and seeing your weight loss helps motivate you by providing a snapshot of your overall progress.

Are you ready to shift your weight loss efforts into top gear? Check our [free weight loss downloads](#) page to download your free weight loss goal setting worksheet and printable weight loss chart.

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