

WEIGHT LOSS CHART

Starting Date: _____
Starting Weight: _____
Goal Weight: _____
Goal Period: _____

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

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Legend **Exercise:** How many minutes of daily exercise
 Calories: Approximate daily calorie consumption
 Measurement: Measure yourself weekly on the same day each week