

# HAPPY WEIGHT LOSS CHART

You can do this!



	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
DATE										
WEIGHT										
Lost...										

## MEASUREMENTS...

**YOU** are doing so well...

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
Chest										
Waist										
Hips										

**PICTURE MOTIVATION:**



Target Weight =

Everyday...



- 2 Litres of Water
- 1 hour of exercise

## ACHIEVE TARGET BY:

