

{ FREE PRINTABLE }

Weight Chart

MONTH: _____

FROM LEARNCREATELOVE.COM | DO NOT REMOVE

Weight Goals

WEEK	WEIGHT	GOAL WEIGHT (BY NEXT WEEK)	GOAL MET? (Y/N)	* OF WORKOUTS	NUTRITIONAL NOTES

THE "GOAL MET" COLUMN WILL BE FILLED WITH YES/NO, DEPENDING ON IF YOU WERE ABLE TO REACH YOUR GOAL FROM THE PREVIOUS WEEK. YOU WON'T FILL IN THE Y/N FOR THE FIRST WEEK UNLESS YOU HAD A PREVIOUSLY-SET GOAL.