

Weight Loss Chart

Start weight: Start Date: Goal:					Start weight: Start Date: Goal:						
		Weight	Exe	Cal	Measure			Weight	Exe	Cal	Measure
WEEK 1	Sun					WEEK 1	Sun				
	Mon				Chest		Mon				Chest
	Tues				Waist		Tues				Waist
	Wed				Hips		Wed				Hips
	Thu				Wrist		Thu				Wrist
	Fri						Fri				
	Sat				Forearm		Sat				Forearm
WEEK 2	Sun					WEEK 2	Sun				
	Mon				Chest		Mon				Chest
	Tues				Waist		Tues				Waist
	Wed				Hips		Wed				Hips
	Thu				Wrist		Thu				Wrist
	Fri						Fri				
	Sat				Forearm		Sat				Forearm
WEEK 3	Sun					WEEK 3	Sun				
	Mon				Chest		Mon				Chest
	Tues				Waist		Tues				Waist
	Wed				Hips		Wed				Hips
	Thu				Wrist		Thu				Wrist
	Fri						Fri				
	Sat				Forearm		Sat				Forearm
WEEK 4	Sun					WEEK 4	Sun				
	Mon				Chest		Mon				Chest
	Tues				Waist		Tues				Waist
	Wed				Hips		Wed				Hips
	Thu				Wrist		Thu				Wrist
	Fri						Fri				
	Sat				Forearm		Sat				Forearm
WEEK 5	Sun					WEEK 5	Sun				
	Mon				Chest		Mon				Chest
	Tues				Waist		Tues				Waist
	Wed				Hips		Wed				Hips
	Thu				Wrist		Thu				Wrist
	Fri						Fri				
	Sat				Forearm		Sat				Forearm