

# Weight Loss Chart



<http://www.vertex42.com/ExcelTemplates/weight-loss-chart.html>

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Start Weight (lbs):

Goal Weight:

Height (ft)

Start Date:

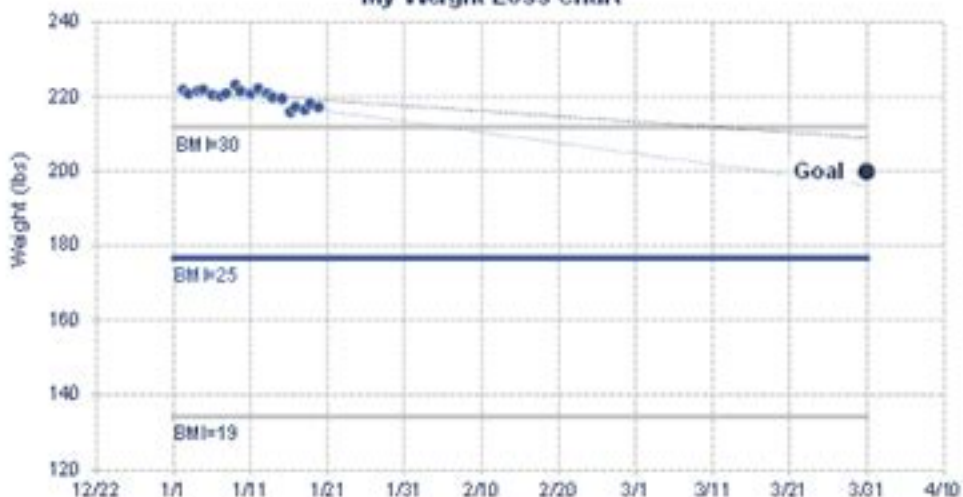
Goal Date:

Height (in)

Start BMI:

Goal BMI:

My Weight Loss Chart



Date	Weight (lbs)	+/-	BMI	1 lb/wk	2 lb/wk
1/2/16	222	0.00	31.40	221.86	221.71
1/3/16	221	-1.00	31.26	221.71	221.43
1/4/16	221.5	-0.50	31.33	221.57	221.14
1/5/16	222	0.00	31.40	221.43	220.86
1/6/16	220.5	-1.50	31.19	221.29	220.57
1/7/16	220.4	-1.60	31.17	221.14	220.29
1/8/16	220.8	-1.20	31.23	221.00	220.00
1/9/16	223.2	1.20	31.57	220.86	219.71
1/10/16	221.7	-0.30	31.36	220.71	219.43
1/11/16	220.8	-1.20	31.23	220.57	219.14
1/12/16	222.3	0.30	31.44	220.43	218.86
1/13/16	220.8	-1.20	31.23	220.29	218.57
1/14/16	219.8	-2.20	31.09	220.14	218.29
1/15/16	219.6	-2.40	31.06	220.00	218.00
1/16/16	216	-6.00	30.55	219.86	217.71
1/17/16	217.4	-4.60	30.75	219.71	217.43
1/18/16	216.5	-5.50	30.62	219.57	217.14
1/19/16	218.2	-3.80	30.86	219.43	216.86
1/20/16	217.4	-4.60	30.75	219.29	216.57