



# WEIGHT LOSS CHART

## Weighing in

Age : \_\_\_\_\_

Height : \_\_\_\_\_

Starting Weight : \_\_\_\_\_

Goal Weight : \_\_\_\_\_

Goals : \_\_\_\_\_

What Holds You Back? \_\_\_\_\_

What do you love most about yourself? \_\_\_\_\_

What have you learned? \_\_\_\_\_

Highest Moment? \_\_\_\_\_

Lowest Moment? \_\_\_\_\_

Weight In	
Weight	
Bust	
Hips	
Thigh	
Arm	

Weight In	
Weight	
Bust	
Hips	
Thigh	
Arm	

Weight In	
Weight	
Bust	
Hips	
Thigh	
Arm	

Weight In	
Weight	
Bust	
Hips	
Thigh	
Arm	

Weight In	
Weight	
Bust	
Hips	
Thigh	
Arm	

Weight In	
Weight	
Bust	
Hips	
Thigh	
Arm	

Weight In	
Weight	
Bust	
Hips	
Thigh	
Arm	

Weight In	
Weight	
Bust	
Hips	
Thigh	
Arm	

Weight In	
Weight	
Bust	
Hips	
Thigh	
Arm	