

## WEIGHT LOSS CHART

**Starting Date:** \_\_\_\_\_  
**Starting Weight:** \_\_\_\_\_  
**Goal Weight:** \_\_\_\_\_  
**Goal Period:** \_\_\_\_\_

	Day	Exercise	Calories	Measurements
Week __	Mon			Chest
	Tue			Waist
	Wed			Hips
	Thu			Thigh
	Fri			Forearm
	Sat			<b>Weight</b>
	Sun			<b>Date</b>

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**Legend**    **Exercise:**    How many minutes of daily exercise  
               **Calories:**    Approximate daily calorie consumption  
               **Measurement:** Measure yourself weekly on the same day each week