## Weight Loss Log

Start Weight: Start Date: Goal:							<i>d</i> - -			'	0		frosted					
	Day	Date	Weight	Cals Burned	Cals Eaten	Steps				Day	Date	Weight	Cals Burned	Cals Eaten	Steps			
Week 1	Su						Chest			Su						Chest		
	М						Waist			М						Waist		
	Т						Hips		(5)	Т						Hips		
	W						Arm		Week 5	W						Arm		
	Th						Thighs			Th						Thighs		
	F						Calves			F						Calves		
	Sa						Clothing			Sa						Clothing		
Week 2	Su						Chest			Su						Chest		
	Μ						Waist			Μ						Waist		
	Т						Hips		k 6	Т						Hips		
	W						Arm		Week 6	W						Arm		
	Th						Thighs		>	Th						Thighs		
	F						Calves			F						Calves		
	Sa						Clothing		_	Sa						Clothing		
Week 3	Su						Chest			Su						Chest		
	М						Waist			М						Waist		
	Т						Hips		K 7	Т						Hips		
	W						Arm		Week 7	W						Arm		
	Th						Thighs			Th						Thighs		
	F						Calves			F						Calves		
	Sa						Clothing			Sa						Clothing		
Week 4	Su						Chest			Su						Chest		
	Μ						Waist			Μ						Waist		
	Т						Hips		8 ×	Т						Hips		
	W						Arm		Week 8	W						Arm		
	Th						Thighs			Th						Thighs		
	F						Calves		L	F						Calves		
	Sa						Clothing			Sa						Clothing		
Weight Clothing					ss weeks	s 1-4								ss weeks	s 1-8			
				Chest		_	Weight					Chest		•				
				Waist 		-	Clothing						Waist		•			
				Hips		-							Hips		•			
				Arms		-							Arms		-			
				Thighs		-							Thighs		-			
				Calves		_							Calves					