

WEEKLY PROGRESS

Weight Loss Tracking Chart

Name:

Goal:

WK	DATE	WEIGHT (LBS/KG)	BODY FAT %	WAIST (IN/CM)	+/- CHANGE
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					

WK	DATE	WEIGHT (LBS/KG)	BODY FAT %	WAIST (IN/CM)	+/- CHANGE
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11

12

MONTHLY REFLECTIONS & GOALS

Consistency is key. Track every week at the same time for accuracy.