

WEEKLY WEIGHT LOSS PROGRESS

NAME:

START DATE:

GOAL WEIGHT:

WEEK	DATE	WEIGHT	CHANGE (+/-)	MILESTONES / MOOD
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

WEEK	DATE	WEIGHT	CHANGE (+/-)	MILESTONES / MOOD
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11

12

"Consistency is more important than perfection."