

WEIGHT LOSS

TRACKER & JOURNAL



THIS IS ME

About me

Name:

.....

Height:

.....

Weight:

.....

Start:

.....

Goal:

.....

Date:

.....



My motivations

Reason 1:

.....

Reason 2:

.....

Reason 3:

.....

My habits

New healthy habits:



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.....



.....

Bad habits to reduce:



.....



.....



.....

My Rewards

Rewards for meeting my goals:

Why I deserve this: ✓

1



.....

2



.....

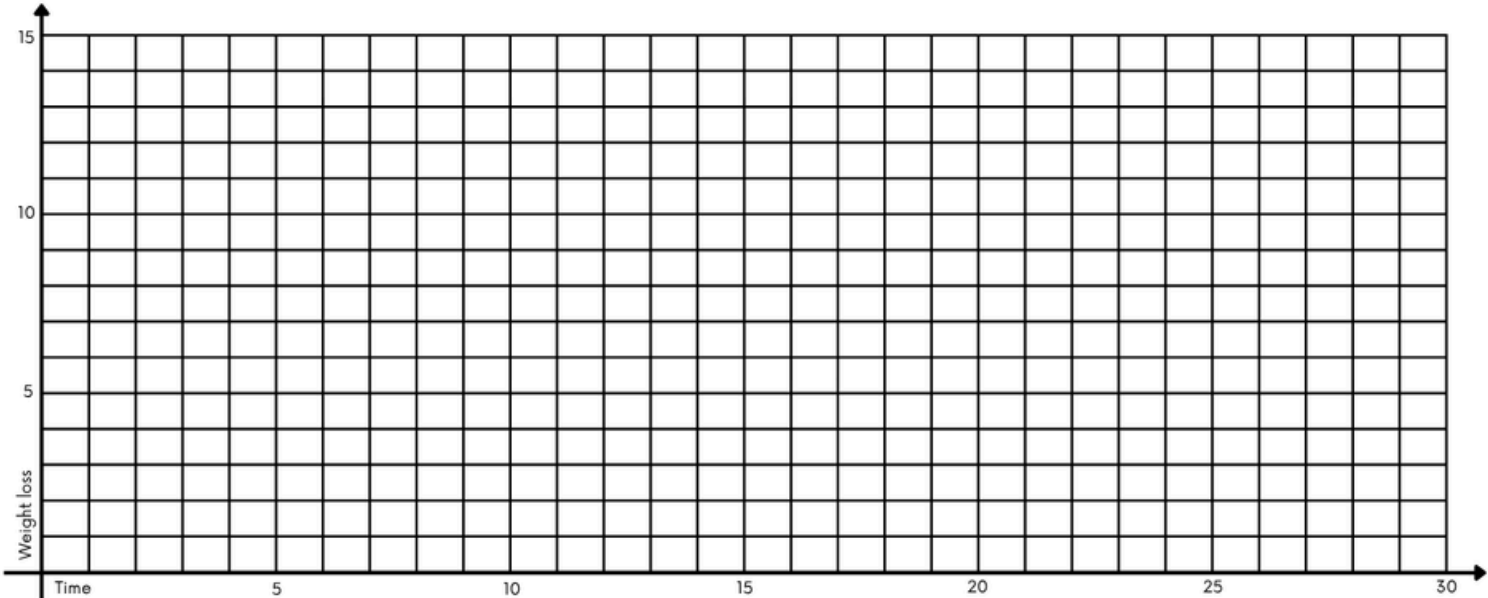
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WEIGHT LOSS TRACKER

#	Date	Target	Actual Weight	Gain	Loss



WEEKLY MEAL PLANNER

	BREAKFAST	LUNCH	DINNER	SNACKS
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

GOALS

Why I want this

Short term goals

-
-
-
-
-

Long term goals

-
-
-
-
-

Milestone

Reward



You're Off to a Strong Start!

You've just completed the 7-Day Weight Loss Tracker and that alone puts you ahead of most people who never start.

But this is just the beginning...



Want to Go All-In and Stay Consistent Long-Term?

The full 50-page Weight Loss Tracker & Journal includes everything you need to stay motivated, accountable, and on track for the next 30 days and beyond:

- ☒ **Weekly check-ins**
- ☒ **Full 30-day challenge**
- ☒ **Body measurement log**
- ☒ **Meal planner**
- ☒ **Habit & mindset tracking**
- ☒ **Bonus tools and reflection prompts**



Here's a Thank-You Gift



Since you downloaded the free pack, you get an exclusive 30% off the full journal for a limited time.



Use Code: TRACK30



Offer expires in 72 hours