



WEIGHT LOSS

TRACKER & JOURNAL

WEIGHT LOSS

TRACKER & JOURNAL



THIS IS ME

About me

Name:

.....

Start:

.....

Height:

.....

Goal:

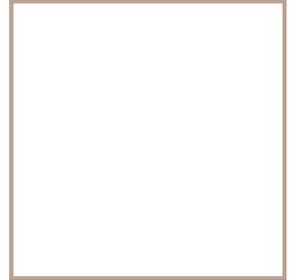
.....

Weight:

.....

Date:

.....



My motivations

Reason 1:

.....

Reason 2:

.....

Reason 3:

.....

My habits

New healthy habits:



.....



.....



.....

Bad habits to reduce:



.....



.....



.....

My Rewards

Rewards for meeting my goals:

Why I deserve this: ✓

1



.....

2



.....

3



.....

BEFORE AND AFTER

Before

Before

Date:
Weight:
Bust:
Waist:
Arms:
Hips:
Thighs:

After

After

Date:
Weight:
Bust:
Waist:
Arms:
Hips:
Thighs:

Notes

BODY MEASUREMENT

Before

After

Date:

Date:

Weight:

Weight:

Right arm

..... Right arm

Left arm

..... Left arm

Chest

..... Chest

Waist

..... Waist

Hips

..... Hips

Right thigh

..... Right thigh

Left thigh

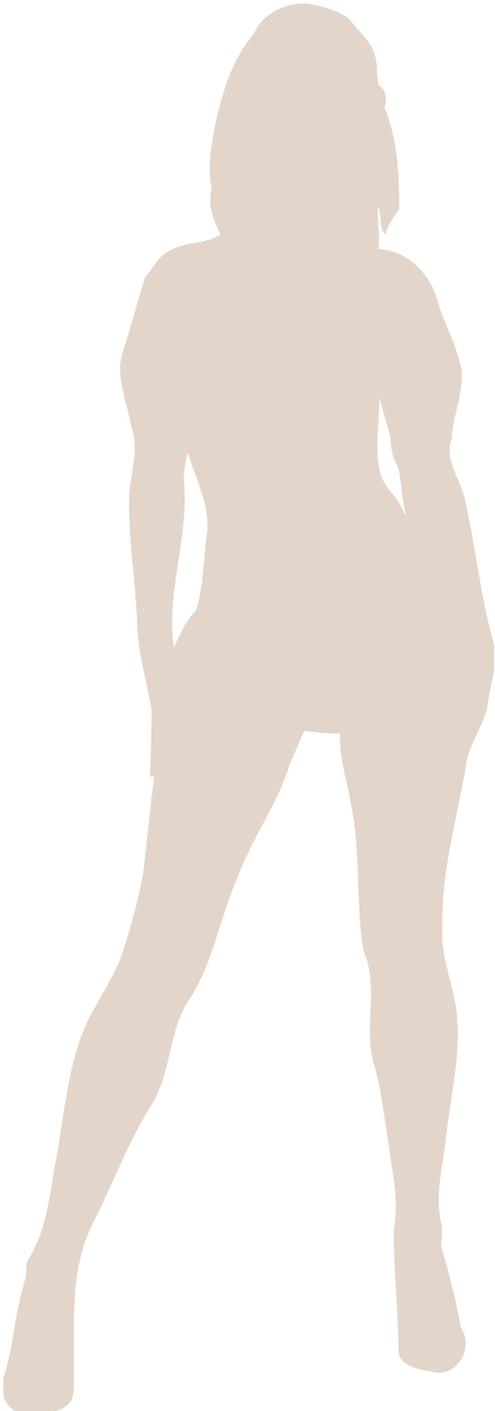
..... Left thigh

Right Calf

..... Right Calf

Left calf

..... Left calf



MONTHLY MEASUREMENTS

Month 1

Date		Chest	
Weight		Waist	
BMI		Stomach	
Body fat %		Hips	
Upper arm		Thigh	
Forearm		Calf	
Total inches / cm:			

Month 2

Date		Chest	
Weight		Waist	
BMI		Stomach	
Body fat %		Hips	
Upper arm		Thigh	
Forearm		Calf	
Total inches / cm:			

Month 3

Date		Chest	
Weight		Waist	
BMI		Stomach	
Body fat %		Hips	
Upper arm		Thigh	
Forearm		Calf	
Total inches / cm:			

Month 4

Date		Chest	
Weight		Waist	
BMI		Stomach	
Body fat %		Hips	
Upper arm		Thigh	
Forearm		Calf	
Total inches / cm:			

Month 5

Date		Chest	
Weight		Waist	
BMI		Stomach	
Body fat %		Hips	
Upper arm		Thigh	
Forearm		Calf	
Total inches / cm:			

Month 6

Date		Chest	
Weight		Waist	
BMI		Stomach	
Body fat %		Hips	
Upper arm		Thigh	
Forearm		Calf	
Total inches / cm:			

MONTHLY MEASUREMENTS

Month 7

Date		Chest	
Weight		Waist	
BMI		Stomach	
Body fat %		Hips	
Upper arm		Thigh	
Forearm		Calf	
Total inches / cm:			

Month 8

Date		Chest	
Weight		Waist	
BMI		Stomach	
Body fat %		Hips	
Upper arm		Thigh	
Forearm		Calf	
Total inches / cm:			

Month 9

Date		Chest	
Weight		Waist	
BMI		Stomach	
Body fat %		Hips	
Upper arm		Thigh	
Forearm		Calf	
Total inches / cm:			

Month 10

Date		Chest	
Weight		Waist	
BMI		Stomach	
Body fat %		Hips	
Upper arm		Thigh	
Forearm		Calf	
Total inches / cm:			

Month 11

Date		Chest	
Weight		Waist	
BMI		Stomach	
Body fat %		Hips	
Upper arm		Thigh	
Forearm		Calf	
Total inches / cm:			

Month 12

Date		Chest	
Weight		Waist	
BMI		Stomach	
Body fat %		Hips	
Upper arm		Thigh	
Forearm		Calf	
Total inches / cm:			

MY MEASUREMENTS

	Waist	Hips	Thigh	Bust	Arms
Start					
Week 1					
Week 2					
Week 3					
Week 4					
Week 5					
Week 6					
Week 7					
Week 8					
Week 9					
Week 10					
Week 11					
Week 12					

GOALS

Why I want this

Short term goals



Long term goals



Milestone

Reward

GOALS AND REFLECTIONS

My Goal

Action steps

.....

.....

.....

My why

YES

Did I reach my goal?

NO

What went well?

Do more of...

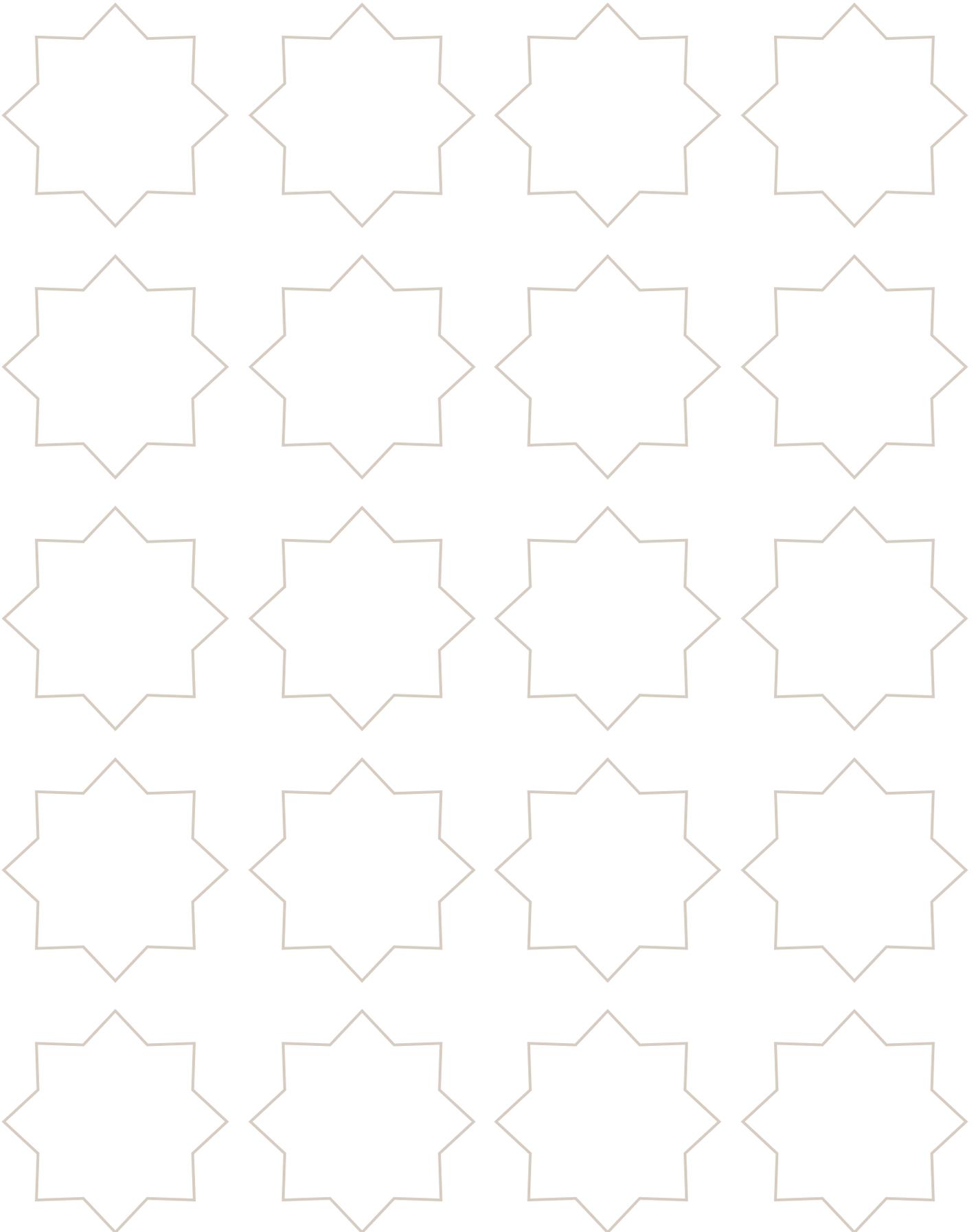
Do less of...

How do I feel?

- Diet
- Discipline
- Wellness
- Motivation
- Energy

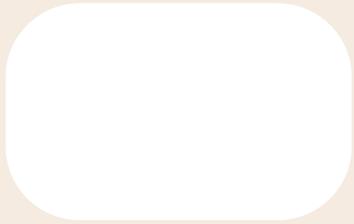
Going forward I will...

MILESTONES



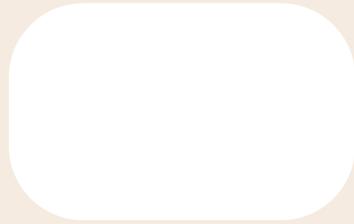
MONTHLY WEIGH-IN

Month 1



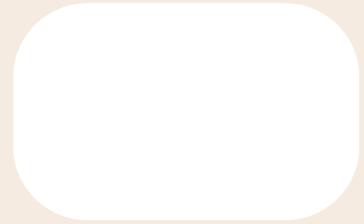
Date:

Month 2



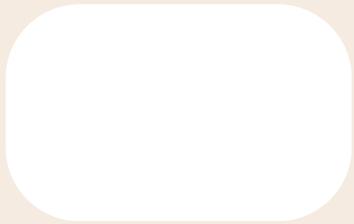
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Month 3



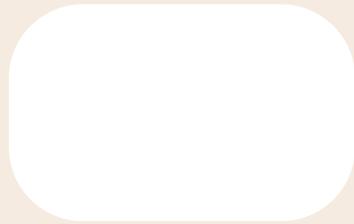
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Month 4



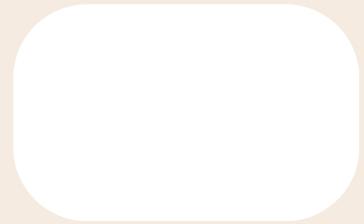
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Month 5



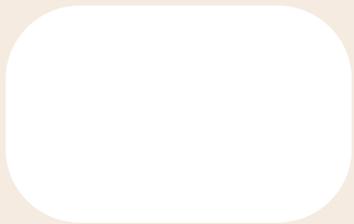
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Month 6



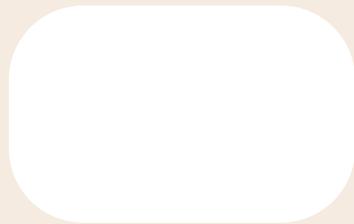
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Month 7



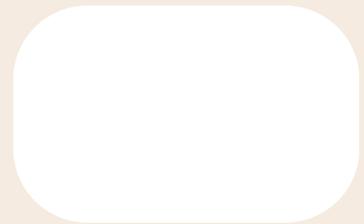
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Month 8



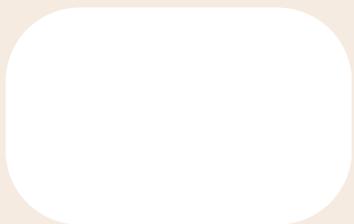
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Month 9



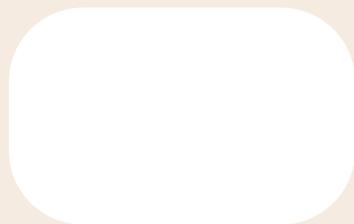
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Month 10



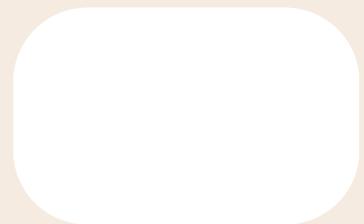
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Month 11



Date:

Month 12



Date:

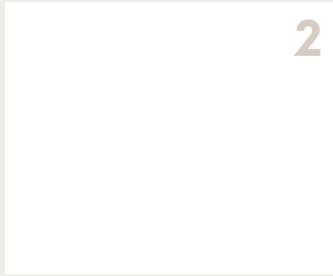
PROGRESS PHOTOS

1



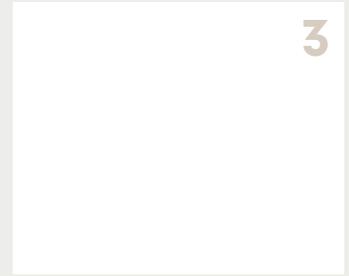
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Weight:

2



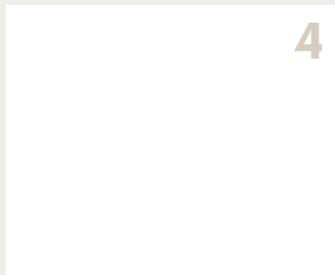
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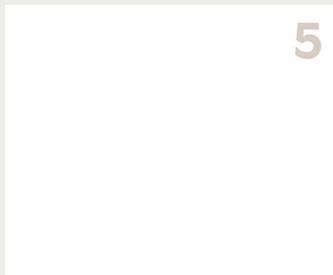
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Weight:

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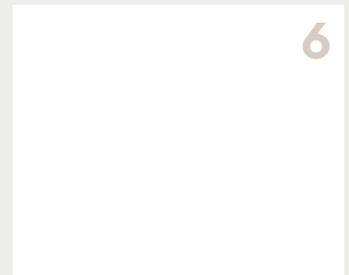
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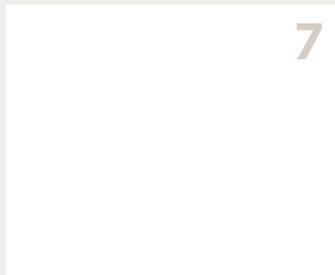
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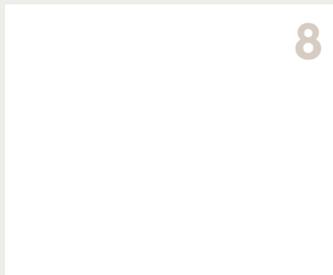
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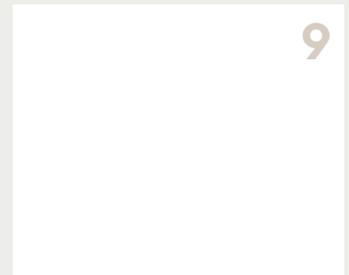
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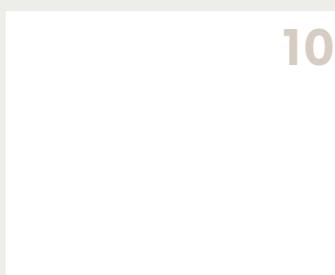
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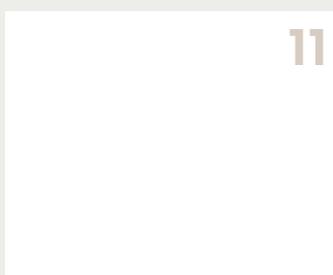
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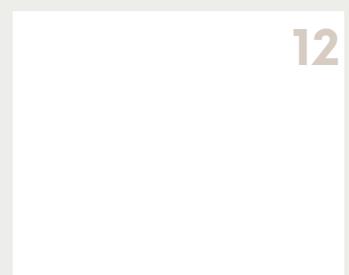
Date:
Weight:

11



Date:
Weight:

12



Date:
Weight:

MONTHLY CHECK-IN

JAN

FEB

MARCH

APRIL

MAY

JUNE

JULY

AUG

SEPT

OCT

NOV

DEC

WEEKLY CHECK-IN

START DATE:

CURRENT WEIGHT:

WEEK 1:

WEEK 2:

WEEK 3:

WEEK 4:

WEEK 5:

WEEK 6:

WEEK 7:

WEEK 8:

WEEK 9:

WEEK 10:

WEEK 11:

WEEK 12:

WEEK 13:

WEEK 14:

WEEK 15:

WEEK 16:

WEEK 17:

WEEK 18:

WEEK 19:

WEEK 20:

WEEK 21:

WEEK 22:

WEEK 23:

WEEK 24:

WEEK 25:

WEEK 26:

END WEIGHT:

WEEKLY CHECK-IN

START DATE:

CURRENT WEIGHT:

WEEK 27:

WEEK 28:

WEEK 29:

WEEK 30:

WEEK 31:

WEEK 32:

WEEK 33:

WEEK 34:

WEEK 35:

WEEK 36:

WEEK 37:

WEEK 38:

WEEK 39:

WEEK 40:

WEEK 41:

WEEK 42:

WEEK 43:

WEEK 44:

WEEK 45:

WEEK 46:

WEEK 47:

WEEK 48:

WEEK 49:

WEEK 50:

WEEK 51:

WEEK 52:

END WEIGHT:

POUNDS LOST

START DATE:

CURRENT WEIGHT:

TARGET:

1

2

3

4

5

6

7

8

9

10

- CONGRATULATIONS

POUNDS LOST

START DATE:

CURRENT WEIGHT:

TARGET:

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

POUNDS LOST

START DATE:

CURRENT WEIGHT:

TARGET:

1

2

3

4

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16

17

18

19

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26

27

28

29

30

POUNDS LOST

START DATE:

CURRENT WEIGHT:

TARGET:

1

2

3

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30-DAY CHALLENGE

1

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3

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12

13

14

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17

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27

28

29

30

30-DAY CHALLENGE

DAY 1

Weight:

DAY 2

Weight:

DAY 3

Weight:

DAY 4

Weight:

DAY 5

Weight:

DAY 6

Weight:

DAY 7

Weight:

DAY 8

Weight:

DAY 9

Weight:

DAY 10

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DAY 11

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DAY 12

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DAY 13

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DAY 14

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DAY 19

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DAY 20

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DAY 21

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DAY 22

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DAY 23

Weight:

DAY 24

Weight:

DAY 25

Weight:

DAY 26

Weight:

DAY 27

Weight:

DAY 28

Weight:

DAY 29

Weight:

DAY 30

Weight:



52 WEEK CHALLENGE

WEEK 1 Weight:	WEEK 2 Weight:	WEEK 3 Weight:	WEEK 4 Weight:	WEEK 5 Weight:	WEEK 6 Weight:
WEEK 7 Weight:	WEEK 8 Weight:	WEEK 9 Weight:	WEEK 10 Weight:	WEEK 11 Weight:	WEEK 12 Weight:
WEEK 13 Weight:	WEEK 14 Weight:	WEEK 15 Weight:	WEEK 16 Weight:	WEEK 17 Weight:	WEEK 18 Weight:
WEEK 19 Weight:	WEEK 20 Weight:	WEEK 21 Weight:	WEEK 22 Weight:	WEEK 23 Weight:	WEEK 24 Weight:
WEEK 25 Weight:	WEEK 26 Weight:	WEEK 27 Weight:	WEEK 28 Weight:	WEEK 29 Weight:	WEEK 30 Weight:
WEEK 31 Weight:	WEEK 32 Weight:	WEEK 33 Weight:	WEEK 34 Weight:	WEEK 35 Weight:	WEEK 36 Weight:
WEEK 37 Weight:	WEEK 38 Weight:	WEEK 39 Weight:	WEEK 40 Weight:	WEEK 41 Weight:	WEEK 42 Weight:
WEEK 43 Weight:	WEEK 44 Weight:	WEEK 45 Weight:	WEEK 46 Weight:	WEEK 47 Weight:	WEEK 48 Weight:
WEEK 49 Weight:	WEEK 50 Weight:	WEEK 51 Weight:	WEEK 52 Weight: 		

12-WEEK CHALLENGE

WEEK 1

Goal:

Actual:

WEEK 2

Goal:

Actual:

WEEK 3

Goal:

Actual:

WEEK 4

Goal:

Actual:

WEEK 5

Goal:

Actual:

WEEK 6

Goal:

Actual:

WEEK 7

Goal:

Actual:

WEEK 8

Goal:

Actual:

WEEK 9

Goal:

Actual:

WEEK 10

Goal:

Actual:

WEEK 11

Goal:

Actual:

WEEK 12

Goal:

Actual:

WEEKLY MEAL PLANNER

	BREAKFAST	LUNCH	DINNER	SNACKS
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

FOOD DIARY

	BREAKFAST	LUNCH	DINNER	SNACKS
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

