

The background of the entire page is a soft pink watercolor wash. Scattered throughout this wash are numerous small, circular gold glitter particles, giving the design a delicate and shimmering appearance.

WEIGHTLOSS **PLANNER**

GOALS + MOTIVATION

WHY I WANT THIS

| |
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SHORT TERM GOALS

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| |
| |
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LONG TERM GOALS

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| |
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| |
| |

ACTIONS PLANS

| |
|--|
| |
|--|

REWARD

| |
|--|
| |
|--|

WEIGHT LOSS TRACKER

Current Weight: _____

Start Date: _____

Goal Weight: _____

EndDate: _____

| | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|-----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 |
| 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 |
| 51 | 52 | 53 | 54 | 55 | 56 | 57 | 58 | 59 | 60 |
| 61 | 62 | 63 | 64 | 65 | 66 | 67 | 68 | 69 | 70 |
| 71 | 72 | 73 | 74 | 75 | 76 | 77 | 78 | 79 | 80 |
| 81 | 82 | 83 | 84 | 85 | 86 | 87 | 88 | 89 | 90 |
| 91 | 92 | 93 | 94 | 95 | 96 | 97 | 98 | 99 | 100 |

Weekly Weight In

| | | | | | |
|---------|--|---------|--|---------|--|
| START | | WEEK 19 | | WEEK 38 | |
| WEEK 1 | | WEEK 20 | | WEEK 39 | |
| WEEK 2 | | WEEK 21 | | WEEK 40 | |
| WEEK 3 | | WEEK 22 | | WEEK 41 | |
| WEEK 4 | | WEEK 23 | | WEEK 42 | |
| WEEK 5 | | WEEK 24 | | WEEK 43 | |
| WEEK 6 | | WEEK 25 | | WEEK 44 | |
| WEEK 7 | | WEEK 26 | | WEEK 45 | |
| WEEK 8 | | WEEK 27 | | WEEK 46 | |
| WEEK 9 | | WEEK 28 | | WEEK 47 | |
| WEEK 10 | | WEEK 29 | | WEEK 48 | |
| WEEK 11 | | WEEK 30 | | WEEK 49 | |
| WEEK 12 | | WEEK 31 | | WEEK 50 | |
| WEEK 13 | | WEEK 32 | | WEEK 51 | |
| WEEK 14 | | WEEK 33 | | WEEK 52 | |
| WEEK 15 | | WEEK 34 | | WEEK 53 | |
| WEEK 16 | | WEEK 35 | | WEEK 54 | |
| WEEK 17 | | WEEK 36 | | WEEK 55 | |
| WEEK 18 | | WEEK 37 | | WEEK 56 | |

Remember Why You Started

Weekly Measurements

| WEEK | WAIST | HIPS | THIGHS | BUST | ARMS |
|---------|-------|------|--------|------|------|
| 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 | | | | | |

Weekly Measurements

| WEEK | WAIST | HIPS | THIGHS | BUST | ARMS |
|---------|-------|------|--------|------|------|
| WEEK 18 | | | | | |
| WEEK 19 | | | | | |
| WEEK 20 | | | | | |
| WEEK 21 | | | | | |
| WEEK 22 | | | | | |
| WEEK 23 | | | | | |
| WEEK 24 | | | | | |
| WEEK 25 | | | | | |
| WEEK 26 | | | | | |
| WEEK 27 | | | | | |
| WEEK 28 | | | | | |
| WEEK 29 | | | | | |
| WEEK 30 | | | | | |
| WEEK 31 | | | | | |
| WEEK 32 | | | | | |
| WEEK 33 | | | | | |
| WEEK 34 | | | | | |

Weekly Measurements

| WEEK | WAIST | HIPS | THIGHS | BUST | ARMS |
|---------|-------|------|--------|------|------|
| 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 | | | | | |
| GOAL | | | | | |

Monthly Weight In

Month 1



DATE: _____

Month 2



DATE: _____

Month 3



DATE: _____

Month 4



DATE: _____

Month 5



DATE: _____

Month 6



DATE: _____

Month 7



DATE: _____

Month 8



DATE: _____

Month 9



DATE: _____

Month 10



DATE: _____

Month 11



DATE: _____

Month 12



DATE: _____

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: | | | |

Workout Planner

WEEK OF: _____

MONDAY

TIME

FOCUS

TUESDAY

TIME

FOCUS

WEDNESDAY

TIME

FOCUS

THURSDAY

TIME

FOCUS

FRIDAY

TIME

FOCUS

SATURDAY

TIME

FOCUS

SUNDAY

TIME

FOCUS

Workout Tracker

| Week | Exercise | Time | Distance |
|------|----------|------|----------|
| Mon | | | |
| Tue | | | |
| Wed | | | |
| Thu | | | |
| Fri | | | |
| Sat | | | |
| Sun | | | |

| Week | Exercise | Time | Distance |
|------|----------|------|----------|
| Mon | | | |
| Tue | | | |
| Wed | | | |
| Thu | | | |
| Fri | | | |
| Sat | | | |
| Sun | | | |

STEP TRACKER

MONTH: _____

DAYS: STEPS:

| | |
|----|--|
| 1 | |
| 2 | |
| 3 | |
| 4 | |
| 5 | |
| 6 | |
| 7 | |
| 8 | |
| 9 | |
| 10 | |

DAYS: STEPS:

| | |
|----|--|
| 11 | |
| 12 | |
| 13 | |
| 14 | |
| 15 | |
| 16 | |
| 17 | |
| 18 | |
| 19 | |
| 20 | |

DAYS: STEPS:

| | |
|----|--|
| 21 | |
| 22 | |
| 23 | |
| 24 | |
| 25 | |
| 26 | |
| 27 | |
| 28 | |
| 29 | |
| 30 | |

My Milestones

5

10

15

20

25

30

35

40

45

50

55

60

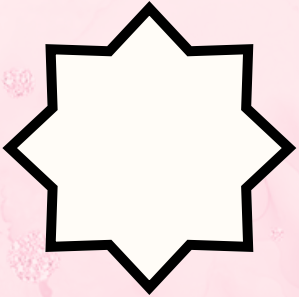
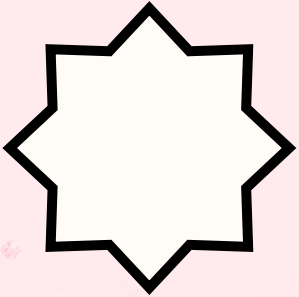
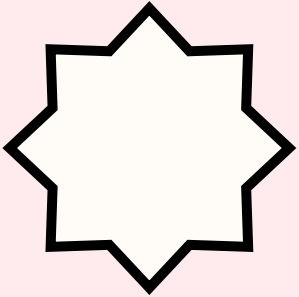
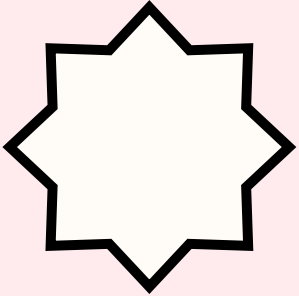
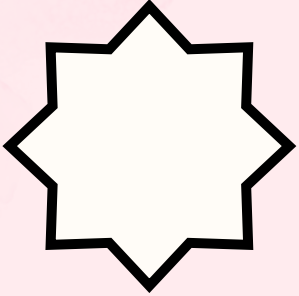
65

70

75

80

Milestone Rewards



Meal Planner

s

Breakfast:

Lunch:

Dinner:

m

Breakfast:

Lunch:

Dinner:

t

Breakfast:

Lunch:

Dinner:

w

Breakfast:

Lunch:

Dinner:

t

Breakfast:

Lunch:

Dinner:

f

Breakfast:

Lunch:

Dinner:




































































































































































































































s

Breakfast:

Lunch:

Dinner:

WATER TRACKER

| | | | |
|----|---|----|--|
| 1 |         | 16 |         |
| 2 |         | 17 |         |
| 3 |         | 18 |         |
| 4 |         | 19 |         |
| 5 |         | 20 |         |
| 6 |         | 21 |         |
| 7 |         | 22 |         |
| 8 |         | 23 |         |
| 9 |         | 24 |         |
| 10 |         | 25 |         |
| 11 |         | 26 |         |
| 12 |         | 27 |         |
| 13 |         | 28 |         |
| 14 |         | 29 |         |
| 15 |         | 30 |         |

Grocery List

Meat & poultry

Price

| | |
|---|--|
| 1 | |
| 2 | |
| 3 | |
| 4 | |
| 5 | |

Fruit & Vegetables

Price

| | |
|---|--|
| 1 | |
| 2 | |
| 3 | |
| 4 | |
| 5 | |

Canned Goods

Price

| | |
|---|--|
| 1 | |
| 2 | |
| 3 | |
| 4 | |
| 5 | |

Fish

Price

| | |
|---|--|
| 1 | |
| 2 | |
| 3 | |
| 4 | |
| 5 | |

Snacks

Price

| | |
|---|--|
| 1 | |
| 2 | |
| 3 | |
| 4 | |
| 5 | |

Frozen Foods

Price

| | |
|---|--|
| 1 | |
| 2 | |
| 3 | |
| 4 | |
| 5 | |

Dairy & Deli

Price

| | |
|---|--|
| 1 | |
| 2 | |
| 3 | |
| 4 | |
| 5 | |

Other

Price

| | |
|---|--|
| 1 | |
| 2 | |
| 3 | |
| 4 | |
| 5 | |

Weekly Habit Tracker

WEEK OF: _____

HABITS

M

T

W

T

F

S

S

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JANUARY

Daily Habits

[illegible]

Daily Habits

[illegible]

MARCH

Daily Habits

[illegible]

APRIL

Daily Habits

[illegible]

MAY

Daily Habits

[illegible]

JUNE

Daily Habits

[illegible]

JULY

Daily Habits

[illegible]

AUGUST

Daily Habits

[illegible]

Daily Habits

[illegible]

Daily Habits

[illegible]

NOVEMBER

Daily Habits

[illegible]

Daily Habits

[illegible]