

My Weight Loss Log



Name: _____

My Target Weight Goal: _____

Instructions

- Take your weight upon waking up each day.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 16							
Week 17							
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							
Week 35							
Week 36							
Week 37							
Week 38							

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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							