Weekly Weigh-In Template

Sample N°1

WEIGH	HT Trac	ker	NAM			
STARTING WEIGHT			GO/			
MILESTONE 2	WEIGHT	LOST	GAIN	NOTES		C Regar
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					1999 - Walter Land	-
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						C -
					n Indertante autor	
						C-1

STARTING WE	IGHT		G0	AL WEIGHT			
MILESTONE 1				MILESTONE 3			
MILESTONE 2			M1	MILESTONE 4			
DATE	WEIGHT	LOST	GAIN	NOTES			
		_					

		_					
		_					

Sample N°3



	Dfly 1	END OF WEEK 7	END OF WEEK 2	END OF WEEK 3	END OF WEEN 4	where you <i>rehsured</i> TO BE CONSISTENT	DITTRETICE
WEIGHT							
Wfilst							
CHEST							
HIPS							
LEFT THIGH							
RIGHT THIGH							
LEFT firm							
RIGHT FIRM							

Sample N°4

Weight Loss Tracker

Date: _____

Date	Weight	-Loss/+Gain Total	Notes

Goal: _____