PRINTABLE WEIGHT LOSS TRACKER

Daily weight log

Name _____ Start date _____ Start (lb) _____ Goal (lb) _____

Day	Date	Weight (lb)	Change vs yesterday	Notes (sleep, salt, period, workout)
1				
2				
3				
4				
5				
6				
7				
	Week 1 average			
8				
9				
10				
11				
12				
13				
14				
	Week 2 average			
15				
16				
17				
18				
19				
20				
21				
	Week 3 average			
22				
23				
24				
25				
26				
27				
28				
	Week 4 average			
29				
30				
31				

Weigh at the same time each day, ideally after waking and using the toilet. Add the 7 weights and divide by 7 for the week's average.

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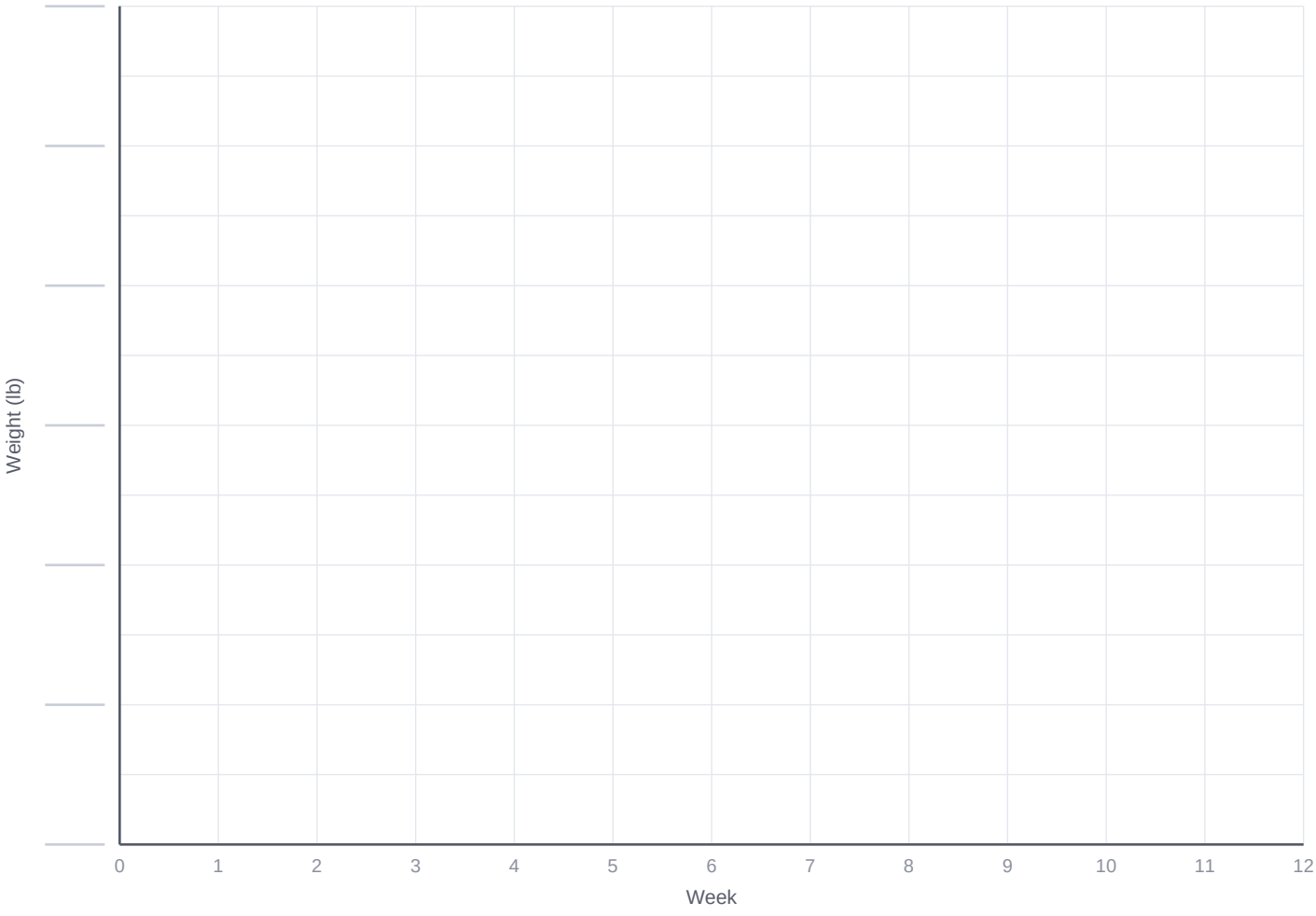
Weekly averages and chart

Week	Average (lb)	Change vs last week	Total change	Notes
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				

Weight loss chart

Write your weights up the left side, then put a dot for each weekly average and join them.



Tip: losing 5% of your starting weight is a common first goal. Weight Tracker draws this chart for you.