**Weight Loss Goal Chart**

**Name:\_\_\_\_\_\_\_ Height: \_\_\_\_\_\_\_\_\_ Weight:\_\_\_\_\_\_\_\_ Target: \_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_**

 **Progress**

|  |  |  |  |
| --- | --- | --- | --- |
| **Date** | **Weight** | **Weight Loss** | **Total Weight Loss** |
|  |  |  | **0** |
|  |  |  | **0** |
|  |  |  | **0** |
|  |  |  | **0** |
|  |  |  | **0** |