## Weight Loss Chart PDF For Men

Start Weight: _____
Start Date: _____
Goal: _____

| | Day | Weight | Exe | Cal | Measure* | |
|---|---|---|---|---|---|---|
| Week 1 | Su | | | | Chest | |
| | M | | | | Waist | |
| | Tu | | | | Thigh | |
| | W | | | | Arm | |
| | Th | | | | Date | |
| | F | | | | | |
| | Sa | | | | | |
| Week 2 | Su | | | | Chest | |
| | M | | | | Waist | |
| | Tu | | | | Thigh | |
| | W | | | | Arm | |
| | Th | | | | Date | |
| | F | | | | | |
| | Sa | | | | | |
| Week 3 | Su | | | | Chest | |
| | M | | | | Waist | |
| | Tu | | | | Thigh | |
| | W | | | | Arm | |
| | Th | | | | Date | |
| | F | | | | | |
| | Sa | | | | | |
| Week 4 | Su | | | | Chest | |
| | M | | | | Waist | |
| | Tu | | | | Thigh | |
| | W | | | | Arm | |
| | Th | | | | Date | |
| | F | | | | | |
| | Sa | | | | | |
| Week 5 | Su | | | | Chest | |
| | M | | | | Waist | |
| | Tu | | | | Thigh | |
| | W | | | | Arm | |
| | Th | | | | Date | |
| | F | | | | | |
| | Sa | | | | | |

*Measure once a week, on the same day each week.

## Weight Loss Log For Men

Start Weight: _____
Start Date: _____
Goal: _____

| | Day | Weight | Exe | Cal | Measure* | |
|---|---|---|---|---|---|---|
| Week 1 | Su | | | | Chest | |
| | M | | | | Waist | |
| | Tu | | | | Thigh | |
| | W | | | | Arm | |
| | Th | | | | Date | |
| | F | | | | | |
| | Sa | | | | | |
| Week 2 | Su | | | | Chest | |
| | M | | | | Waist | |
| | Tu | | | | Thigh | |
| | W | | | | Arm | |
| | Th | | | | Date | |
| | F | | | | | |
| | Sa | | | | | |
| Week 3 | Su | | | | Chest | |
| | M | | | | Waist | |
| | Tu | | | | Thigh | |
| | W | | | | Arm | |
| | Th | | | | Date | |
| | F | | | | | |
| | Sa | | | | | |
| Week 4 | Su | | | | Chest | |
| | M | | | | Waist | |
| | Tu | | | | Thigh | |
| | W | | | | Arm | |
| | Th | | | | Date | |
| | F | | | | | |
| | Sa | | | | | |
| Week 5 | Su | | | | Chest | |
| | M | | | | Waist | |
| | Tu | | | | Thigh | |
| | W | | | | Arm | |
| | Th | | | | Date | |
| | F | | | | | |
| | Sa | | | | | |

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## Weight Loss Chart PDF For Women

Start Weight: _____
Start Date: _____
Goal: _____

| | Day | Weight | Exe | Cal | Measure* | |
|---|---|---|---|---|---|---|
| Week 1 | Su | | | | Chest | |
| | M | | | | Waist | |
| | Tu | | | | Hips | |
| | W | | | | Wrist | |
| | Th | | | | Forearm | |
| | F | | | | Date | |
| | Sa | | | | | |
| Week 2 | Su | | | | Chest | |
| | M | | | | Waist | |
| | Tu | | | | Hips | |
| | W | | | | Wrist | |
| | Th | | | | Forearm | |
| | F | | | | Date | |
| | Sa | | | | | |
| Week 3 | Su | | | | Chest | |
| | M | | | | Waist | |
| | Tu | | | | Hips | |
| | W | | | | Wrist | |
| | Th | | | | Forearm | |
| | F | | | | Date | |
| | Sa | | | | | |
| Week 4 | Su | | | | Chest | |
| | M | | | | Waist | |
| | Tu | | | | Hips | |
| | W | | | | Wrist | |
| | Th | | | | Forearm | |
| | F | | | | Date | |
| | Sa | | | | | |
| Week 5 | Su | | | | Chest | |
| | M | | | | Waist | |
| | Tu | | | | Hips | |
| | W | | | | Wrist | |
| | Th | | | | Forearm | |
| | F | | | | Date | |
| | Sa | | | | | |

*Measure once a week, on the same day each week.

## Weight Loss Log For Women

Start Weight: _____
Start Date: _____
Goal: _____

| | Day | Weight | Exe | Cal | Measure* | |
|---|---|---|---|---|---|---|
| Week 1 | Su | | | | Chest | |
| | M | | | | Waist | |
| | Tu | | | | Hips | |
| | W | | | | Wrist | |
| | Th | | | | Forearm | |
| | F | | | | Date | |
| | Sa | | | | | |
| Week 2 | Su | | | | Chest | |
| | M | | | | Waist | |
| | Tu | | | | Hips | |
| | W | | | | Wrist | |
| | Th | | | | Forearm | |
| | F | | | | Date | |
| | Sa | | | | | |
| Week 3 | Su | | | | Chest | |
| | M | | | | Waist | |
| | Tu | | | | Hips | |
| | W | | | | Wrist | |
| | Th | | | | Forearm | |
| | F | | | | Date | |
| | Sa | | | | | |
| Week 4 | Su | | | | Chest | |
| | M | | | | Waist | |
| | Tu | | | | Hips | |
| | W | | | | Wrist | |
| | Th | | | | Forearm | |
| | F | | | | Date | |
| | Sa | | | | | |
| Week 5 | Su | | | | Chest | |
| | M | | | | Waist | |
| | Tu | | | | Hips | |
| | W | | | | Wrist | |
| | Th | | | | Forearm | |
| | F | | | | Date | |
| | Sa | | | | | |

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# Weight Loss Chart

Start Weight (lbs): _____ Goal Weight: _____
Start Date: _____ Goal Date: _____

## Weight Loss Chart

| Day | Date | Weight (lbs) |
|---|---|---|
| 0 | | |
| 1 | | |
| 2 | | |
| 3 | | |
| 4 | | |
| 5 | | |
| 6 | | |
| 7 | | |
| 8 | | |
| 9 | | |
| 10 | | |
| 11 | | |
| 12 | | |
| 13 | | |
| 14 | | |
| 15 | | |
| 16 | | |
| 17 | | |
| 18 | | |
| 19 | | |
| 20 | | |

| Day | Date | Weight (lbs) |
|---|---|---|
| 21 | | |
| 22 | | |
| 23 | | |
| 24 | | |
| 25 | | |
| 26 | | |
| 27 | | |
| 28 | | |
| 29 | | |
| 30 | | |
| 31 | | |
| 32 | | |
| 33 | | |
| 34 | | |
| 35 | | |
| 36 | | |
| 37 | | |
| 38 | | |
| 39 | | |
| 40 | | |
| 41 | | |

| Day | Date | Weight (lbs) |
|---|---|---|
| 42 | | |
| 43 | | |
| 44 | | |
| 45 | | |
| 46 | | |
| 47 | | |
| 48 | | |
| 49 | | |
| 50 | | |
| 51 | | |
| 52 | | |
| 53 | | |
| 54 | | |
| 55 | | |
| 56 | | |
| 57 | | |
| 58 | | |
| 59 | | |
| 60 | | |
| 61 | | |
| 62 | | |


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# Weight Loss Chart (Metric)

Start Weight (kg): _____ Goal Weight (kg): _____
Start Date: _____ Goal Date: _____

## Weight Loss Chart

| Day | Date | Weight (kg) |
|---|---|---|
| 0 | | |
| 1 | | |
| 2 | | |
| 3 | | |
| 4 | | |
| 5 | | |
| 6 | | |
| 7 | | |
| 8 | | |
| 9 | | |
| 10 | | |
| 11 | | |
| 12 | | |
| 13 | | |
| 14 | | |
| 15 | | |
| 16 | | |
| 17 | | |
| 18 | | |
| 19 | | |
| 20 | | |

| Day | Date | Weight (kg) |
|---|---|---|
| 21 | | |
| 22 | | |
| 23 | | |
| 24 | | |
| 25 | | |
| 26 | | |
| 27 | | |
| 28 | | |
| 29 | | |
| 30 | | |
| 31 | | |
| 32 | | |
| 33 | | |
| 34 | | |
| 35 | | |
| 36 | | |
| 37 | | |
| 38 | | |
| 39 | | |
| 40 | | |
| 41 | | |

| Day | Date | Weight (kg) |
|---|---|---|
| 42 | | |
| 43 | | |
| 44 | | |
| 45 | | |
| 46 | | |
| 47 | | |
| 48 | | |
| 49 | | |
| 50 | | |
| 51 | | |
| 52 | | |
| 53 | | |
| 54 | | |
| 55 | | |
| 56 | | |
| 57 | | |
| 58 | | |
| 59 | | |
| 60 | | |
| 61 | | |
| 62 | | |


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**Using a Weight Loss Chart**

When you track your weight, you should be consistent with the time of day and what you are wearing to avoid large fluctuations. Your body looses a lot of water over night, so weighing yourself right when you get up may look good in the numbers, but is more a reflection of water loss, but if you do weigh in in the mornings, do that consistently.

Fast weight loss goals aren't the easiest to achieve. In general, a good weight loss per week is between 1 and 2 lbs.

Many people lose the weight and wonder how their body measurements have changed... Don't forget to measure key parts of your body so you can see those results as well. You may even want to see a doctor before you start, so you can see how other aspects of your health change as you lose weight, like blood pressure, cholesterol, resting heart rate, and percentage of body fat.

I hope this **Weight Loss Chart PDF** has shed some light on the truth about dietary fats and made you realize their importance in a healthy diet.

A fully comprehensive analysis on dietary protein, carbohydrates, and fat, and how to compile all of this information into a diet that promotes a lean healthy body with a low body fat percentage is provided in a book **"The Truth About Six Pack Abs"**. Give it a try and you won't be disappointed!

Garcinia Cambogia Formula! The Fastest Fat Buster, Holy Grail of Weight Loss. My Wife & I Figured This Out? Don't Buy Before Seeing This. Start Losing Weight the Right Way.Get Your Free Bottle - Today Only!
**Get a Free Trial Click**