

PRINTABLE WEIGHT LOSS TRACKER

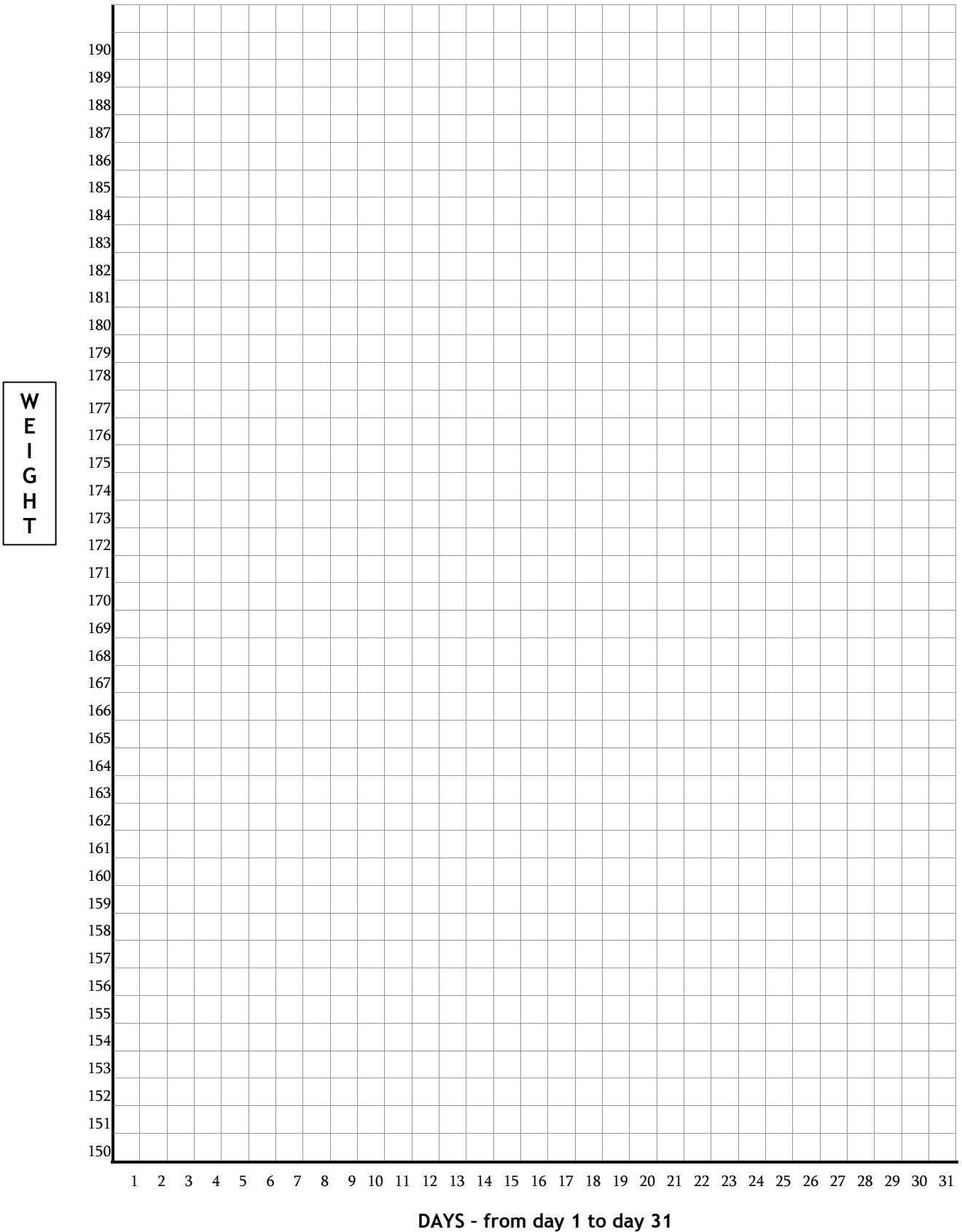
Instructions

This is a 31-day weight tracker.

1. This has pages for different weight ranges. Print the one that is applicable to you.
2. Put this where you can see it and use it every day.
3. Track your weight around the same time every day.
4. Put an 'X' in the square that represents your weight for the day. If your weight loss program is working, you should see a trend downwards.
5. Use this in conjunction with a Meal Tracking journal. Make sure you are getting adequate nutrition every day.

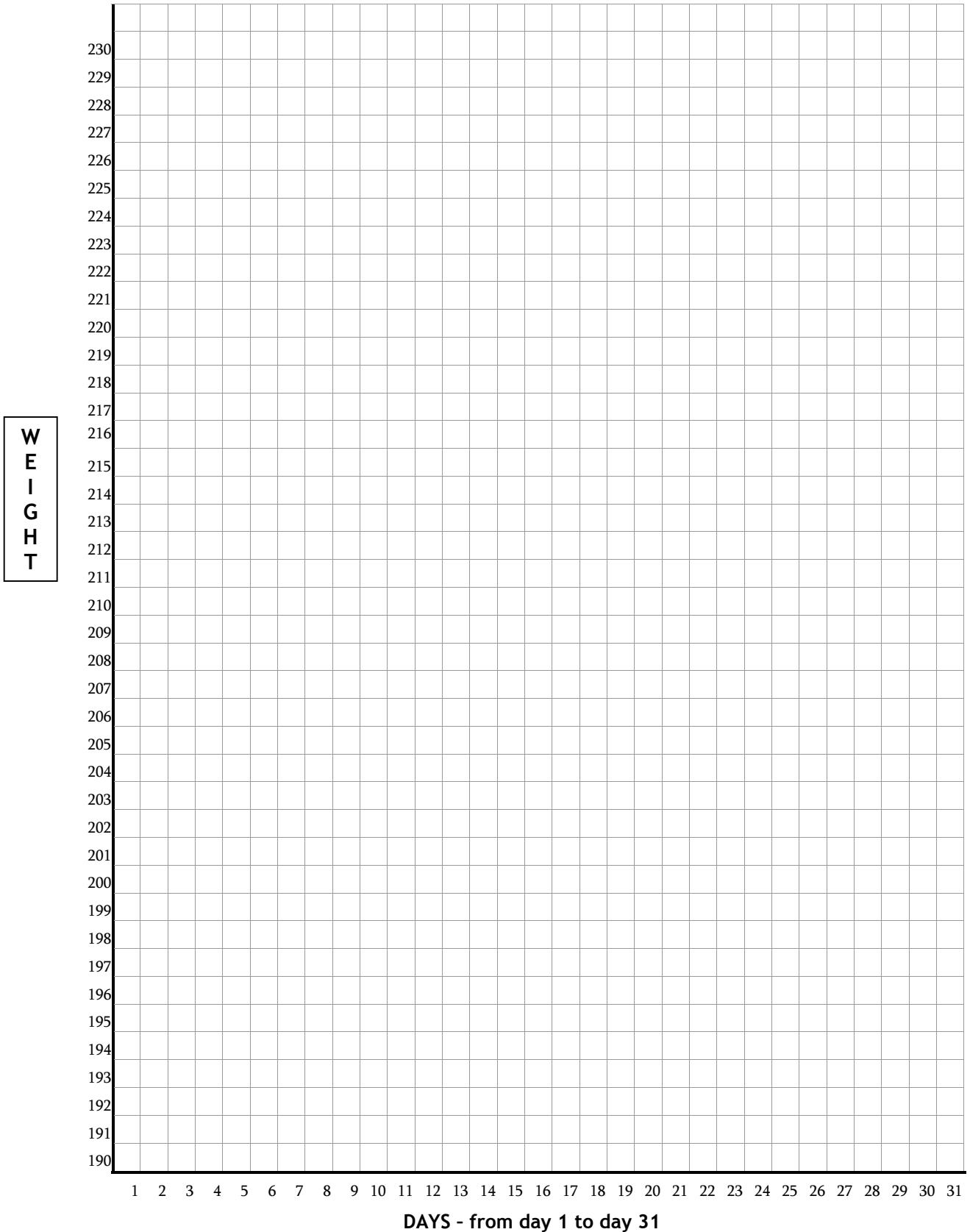
Start Date: _____ to End Date: _____

6. Mark an X in the box that corresponds to your weight for the day



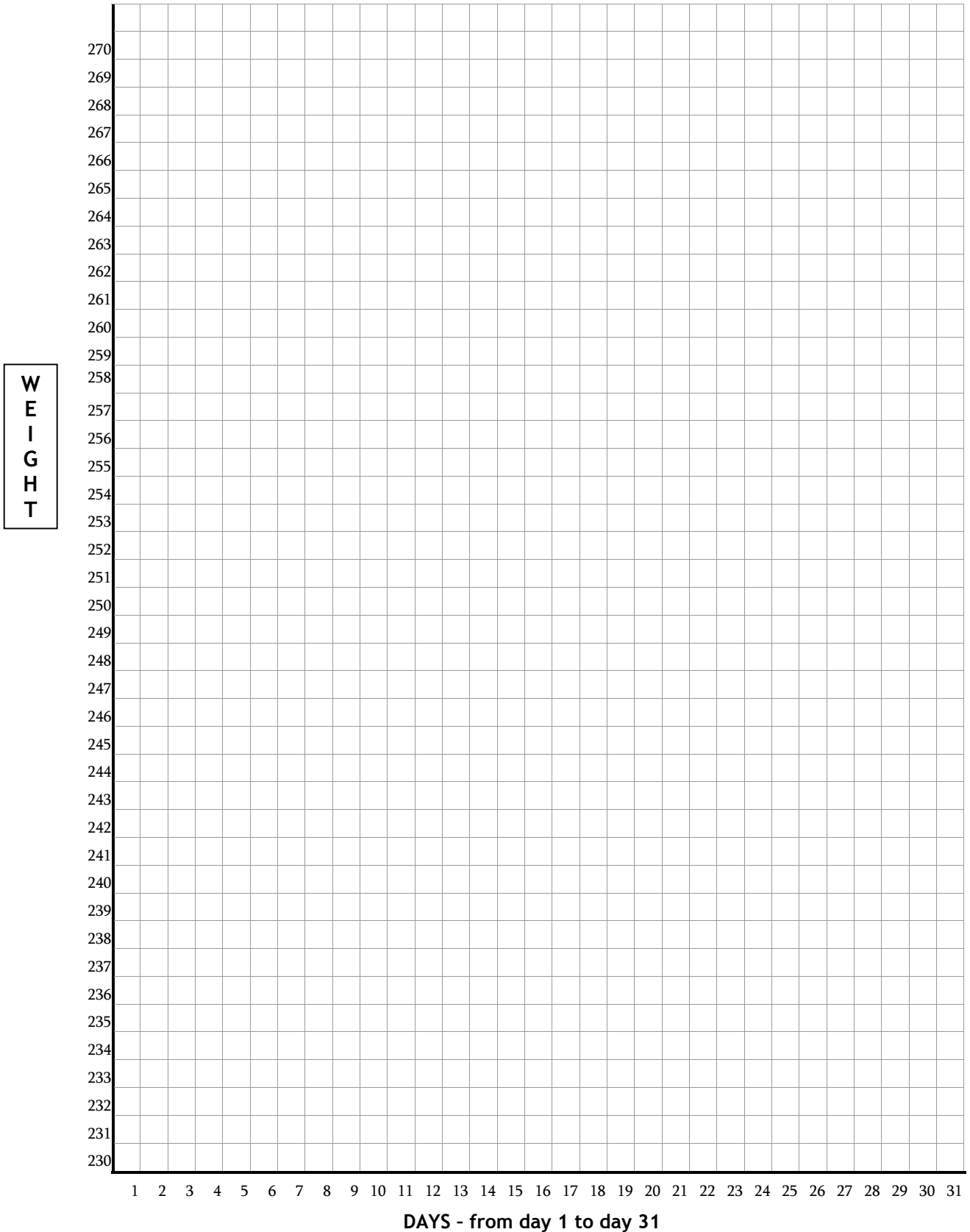
Start Date: _____ to End Date: _____

Mark an X in the box that corresponds to your weight for the day



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