

Weight Loss Diary

Week: _____

Name: _____

Start Weight: _____

End Weight: _____

--> Track your meals, exercise, supplement and the best thing that happened for each day!

Monday	Type
Key 1 - Eat right:	_____
Key 2 - Exercise right:	_____
Key 3 - Supplements:	_____
Key 4 - Best thing today:	_____

Tuesday	Type
Key 1 - Eat right:	_____
Key 2 - Exercise right:	_____
Key 3 - Supplements:	_____
Key 4 - Best thing today:	_____

Wednesday	Type
Key 1 - Eat right:	_____
Key 2 - Exercise right:	_____
Key 3 - Supplements:	_____
Key 4 - Best thing today:	_____

Thursday	Type
Key 1 - Eat right:	_____
Key 2 - Exercise right:	_____
Key 3 - Supplements:	_____
Key 4 - Best thing today:	_____

Friday	Type
Key 1 - Eat right:	_____
Key 2 - Exercise right:	_____
Key 3 - Supplements:	_____
Key 4 - Best thing today:	_____

Saturday	Type
Key 1 - Eat right:	_____
Key 2 - Exercise right:	_____
Key 3 - Supplements:	_____
Key 4 - Best thing today:	_____

Sunday	Type:
Key 1 - Eat right:	_____
Key 2 - Exercise right:	_____
Key 3 - Supplements:	_____
Key 4 - Best thing today:	_____

Comments / Notes:
