Exercise 4 Weight Loss

Weight Loss Chart

Visit Exercise 4 Weight Loss for even more Weight Loss Tools http://www.exercise4weightloss.com

				<u>Upper</u>			<u>Total</u>	
	Weight	<u>Waist</u>	<u>Hips</u>	<u>Arms</u>	<u>Thighs</u>	Chest	Inches	Body Fat
Start								
Week1								
Week2								
Week3								
Week4								
Week5								
Week6								
Week7								
Week8								
Week9								
Week10								
Week11								
Week12								
Week13								
Week14								
Week15								
Week16								
Week17								
Week18								
Week19								
Week20								
Week21								
Week22								
Week23								
Week24								
Week25								
Week26								

Exercise 4 Weight Loss Journal

Use the below journal to record your daily foods, activities and your thoughts. Tracking your progress is a great weight loss tool. Print this off to begin using today. www.exercise4weightloss.com

My Weight Loss Journal

My Foods

Γ=-	Τ=	1
Time of day	Food item	Calories
	•	•

My Activity

Time of day	Activity	Duration	

My thoughts		•