

WEIGHT LOSS

JOURNAL

WEEKLY REFLECTION

I FEEL:

RECENT VICTORIES:

STRUGGLES:

REMINDERS:

- PROGRESS PHOTOS
- TAKE VITAMINS
- CALORIE GOALS
- DRINK WATER
- GET SLEEP
- SET GOALS

NOTES ON SLEEP:

M

T

W

T

F

S

SU

NEXT WEEK:

MEASUREMENTS

DATE	CHEST	BUST	HIPS	WAIST	NECK

DATE	THIGHS	CALVES	UPPER ARM	FOREARM	WEIGHT

GOALS

LONG TERM GOALS:

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-

SHORT TERM GOALS:

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-
-

SHORT TERM GOALS:

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-
-

CHALLENGE:

REWARD:

COMPLETED:

MEAL TRACKER

M

BREAKFAST:

LUNCH:

DINNER:

SNACKS:

T

BREAKFAST:

LUNCH:

DINNER:

SNACKS:

W

BREAKFAST:

LUNCH:

DINNER:

SNACKS:

TH

BREAKFAST:

LUNCH:

DINNER:

SNACKS:

F

BREAKFAST:

LUNCH:

DINNER:

SNACKS:

S

BREAKFAST:

LUNCH:

DINNER:

SNACKS:

SU

BREAKFAST:

LUNCH:

DINNER:

SNACKS: