Calendar Weight Loss Log for Month of__January_2013_____

ideal-weight-charts.com

Date	1 T	2 W	3 T	4 F	5 S	6 S	7 M	8 T	9 W	10 T	11 F	12 S	13 S	14 M	15 T	16 W	17 T	18 F	19 S	20 S	21 M	22 T	23 W	24 T	25 F	26 S	27 S	28 M	29 T	30 W	31 T
Weight																															
% Fat																															
On Diet? Y or N																															
Exercise? Y or N																															
Plus 4.0 lb																															
Plus 3.5 lb																															
Plus 3.0 lb																															
Plus 2.5 lb																															
Plus 2.0 lb																															
Plus 1.5 lb																															
Plus 1.0 lb																															
Plus 0.5 lb																															
Starting Weight																															
Minus 0.5 lb																															
Minus 1.0 lb																															
Minus 1.5 lb																															
Minus 2.0 lb																															
Minus 2.5 lb																															
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Minus 7.5 lb																															
Minus 8.0 lb																															