

Calendar Weight Loss Log for Month of May 2010

| Date | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | end | | |
|--------------------|-------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|--|--|
| Goal | start | S | S | M | T | W | T | F | S | S | M | T | W | T | F | S | S | M | T | W | T | F | S | S | M | T | W | T | F | S | S | M | | | |
| Weight | | 163 | 165 | 163 | 165 | 165 | 164 | 165 | 167 | 166 | 165 | 166 | 175 | 165 | 165 | 167 | 166 | 166 | 166 | 168 | 166 | 167 | 166 | 165 | 169 | 168 | 165 | 170 | 170 | 168 | 165 | 170 | | | |
| Weight-running ave | 163 | 163 | 164 | 164 | 164 | 164 | 164 | 164 | 165 | 165 | 165 | 165 | 167 | 167 | 167 | 167 | 167 | 167 | 167 | 166 | 166 | 166 | 166 | 166 | 167 | 167 | 167 | 167 | 168 | 168 | 168 | 168 | 168 | | |
| % Fat | | 20.1 | 20.7 | 20.5 | 20.2 | 20.6 | 21.7 | 21.9 | 21.6 | 21.9 | 21.8 | 21.1 | 21.8 | 20.7 | 21.0 | 21.8 | 21.9 | 21.2 | 21.8 | 21.8 | 21.3 | 20.8 | 21.2 | 21.3 | 21.4 | 20.7 | 21.6 | 21.7 | 22.9 | 22.5 | 21.1 | 21.6 | | | |
| % Fat-running ave | 21.8 | 21.0 | 20.9 | 20.8 | 20.7 | 20.7 | 20.8 | 20.8 | 21.0 | 21.2 | 21.4 | 21.5 | 21.7 | 21.5 | 21.4 | 21.4 | 21.4 | 21.4 | 21.5 | 21.5 | 21.5 | 21.5 | 21.4 | 21.3 | 21.4 | 21.2 | 21.2 | 21.2 | 21.5 | 21.7 | 21.7 | 21.7 | 21.7 | | |
| On Diet? Y or N | | Y | Y | Y | Y | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | N | | |
| Exercise? Y or N | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Exercise date* | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Plus 8 lb | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Plus 7 lb | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Plus 6 lb | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Plus 5 lb | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Plus 4lb | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Plus 3 lb | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Plus 2 lb | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Plus 1 lb | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Starting Weight | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Minus 1 lb | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Minus 2 lb | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Minus 3 lb | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Minus 4 lb | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Minus 5 lb | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Minus 6 lb | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Minus 7 lb | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Minus 8 lb | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Minus 9 lb | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Minus 10 lb | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Minus 11 lb | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Minus 12 lb | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Minus 13 lb | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Minus 14 lb | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Minus 15 lb | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| chest (inches) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| waist (inches) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| hips (inches) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| shoulders | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |