

Calendar Weight Loss Log for Month of May 2010

| Date | goal | start | 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 | | | |
|--------------------|------|-------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|---|--|--|
| | | | 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Weight-running ave | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | |
| % Fat | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| % Fat-running ave | | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | | | |
| On Diet? Y or N | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Exercise? Y or N | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Exercise date* | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Avoided Fast Food? | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Avoided MSG? | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| No Late Nite Snack | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |