

Calendar Weight Loss Log for Years _____

Date	J	F	M	A	M	J	J	A	S	O	N	D	J	F	M	A	M	J	J	A	S	O	N	D
Weight																								
% Fat																								
On Diet? Y or N																								
Exercise? Y or N																								
Exercise date*																								
Total Cholesterol																								
HDL Cholesterol																								
LDL Cholesterol																								
TC/HDL ratio																								
Triglycerides																								
Glucose																								
Blood Pressure																								
BMI																								
Plus 20 lb																								
Plus 15 lb																								
Plus 10 lb																								
Plus 5 lb																								
Starting Weight																								
Minus 5 lb																								
Minus 10 lb																								
Minus 15 lb																								
Minus 20 lb																								
Minus 25 lb																								
Minus 30 lb																								
Minus 35 lb																								
Minus 40 lb																								