Calendar Weight Loss Log for Month of_____July_2012_____

ideal-weight-charts.com

Date	1 S	2 M	3 T	4 W	5 T	6 F	7 S	8 S	9 M	10 T	11 W	12 T	13 F	14 S	15 S	16 M	17 T	18 W	19 T	20 F	21 S	22 S	23 M	24 T	25 W	26 T	27 F	28 S	29 S	30 M	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 7.0 lb																															
Minus 7.5 lb																															
Minus 8.0 lb																															