Calendar Weight Loss Log for Month of___October_2012_____

ideal-weight-charts.com

Date	1 M	2 T	3 W	4 T	5 F	6 S	7 S	8 M	9 T	10 W	11 T	12 F	13 S	14 S	15 M	16 T	17 W	18 T	19 F	20 S	21 S	22 M	23 T	24 W	25 T	26 F	27 S	28 S	29 M	30 T	31 W
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																															