

Weight Loss Calendar for Year _____												Goal =	
Date	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	% FAT(Blue)
Weight													
% Fat													
On Diet? Y or N													
Exercise? Y or N													
Plus 16 lb													Plus 8%
Plus 14 lb													Plus 7%
Plus 12 lb													Plus 6%
Plus 10 lb													Plus 5%
Plus 8 lb													Plus 4%
Plus 6 lb													Plus 3%
Plus 4 lb													Plus 2%
Plus 2 lb													Plus 1%
Starting Weight													Starting % Fat
Minus 2 lb													Minus 1%
Minus 4 lb													Minus 2%
Minus 6 lb													Minus 3%
Minus 8 lb													Minus 4%
Minus 10 lb													Minus 5%
Minus 12 lb													Minus 6%
Minus 14 lb													Minus 7%
Minus 16 lb													Minus 8%
Minus 18 lb													Minus 9%
Minus 20 lb													Minus 10%
Minus 22 lb													Minus 11%
Minus 24 lb													Minus 12%
Minus 26 lb													Minus 13%
Minus 28 lb													Minus 14%

It is preferable to use monthly averages but final Weight and % Fat are ok as long as you are consistent.

Circle one: Final Average