

Monthly Weight Tracker

Beginning of
the Month Picture

Beginning of the month weight _____

Monthly Goals

Measurements

Beginning Of Month

End Of Month

Total Lost

Neck _____

Shoulders _____

Chest _____

Right Arm _____

Left Arm _____

Belly _____

Lower Abdomen _____

Butt _____

Right Thigh _____

Left Thigh _____

Right Calf _____

Left Calf _____

Monthly Accomplishments

Weight Loss Tracker

Main Goal _____

Start Weight _____

One Pound At A Time!

Mark a heart off for each pound you lose!

