# C:\Users\user\Downloads\White and Blue Modern Minimalist Blank Page Border A4 Document.jpgWeight Loss Tracker

## Personal Goals

Starting Weight: \_\_\_\_\_\_\_\_\_\_\_\_

Goal Weight: \_\_\_\_\_\_\_\_\_\_\_\_

Target Date: \_\_\_\_\_\_\_\_\_\_\_\_

Weekly Goal (lbs/kg): \_\_\_\_\_\_\_\_\_\_\_\_

## Daily/Weekly Tracking Table

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Date | Current Weight | Change (+/-) | Calories In | Calories Out (Exercise) | Type of Exercise | Duration | Notes / Triggers |
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## Weekly Summary

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Week | Starting Weight | Ending Weight | Total Change | Goal Achieved? | Key Notes (Diet/Exercise/Triggers) |
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## Progress Chart

Use this section to plot weight changes weekly on a line graph.