WEIGHT LOSS CHART CALENDAR 4 WEEK TRACKER

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Week 1	Weight	+/-	Cal.	Measurements:
Sun.				
Mon.				Arms
Tues.				Chest
Wed.				Waist
Thurs.				Hips
Fri.				Thighs
Sat.				

Week	2	Weight	+/-	Cal.
Sun	l.			
Mor	1.			
Tue	S.			
Wed	1.			
Thu	S.			
Fri				
Sat	•			

Measurements:
Arms
Chest
Waist
Hips
Thighs

Week 3	Weight	+/-	Cal.
Sun.			
Mon.			
Tues.			
Wed.			
Thurs.			
Fri.			
Sat.			

Measurements:
Arms
Chest
Waist
Hips
Thighs

Week 4	Weight	+/-	Cal.
Sun.			
Mon.			
Tues.			
Wed.			
Thurs.			
Fri.			
Sat.			
	Sun. Mon. Tues. Wed. Thurs. Fri.	Sun. Mon. Tues. Wed. Thurs. Fri.	Sun. Mon. Tues. Wed. Thurs. Fri.

Arms	
Chest	
Waist	
Hips	