WEIGHT LOSS CHART

Write your beginning weight in the top box in the left column and enter one pound decreases down the column. Place an X in the corresponding weekly weight amounts. Place your goal weight in the goal box. This graph will help you visualize your path to success.

Weight	Beginning	Week 1	Week 2	Week 3	Week 4	Week 5	Ending	Goal
185	X							
184								
183								
182		X						
181								
180			X					
179				X				

Weight	Beginning	Week 1	Week 2	Week 3	Week 4	Week 5	Ending	Goal