Use this tracker to record the results of your weight loss program.

**Weight** **change** **in** **pounds**

**Weeks**

**1**

**2**

**3**

**4**

**5**

**6**

**7**

**8**

**9**

**10**

**11**

**12**

**+5**

**0**

**-5**

**-10**

**-15**

**-20**

**-25**

**Date**

**Weight Loss Tracker**