***Exercise 4 Weight Loss***

**Weight Loss Chart** Visit Exercise 4 Weight Loss for even more Weight Loss Tools [http://www.exercise4weightloss.com](http://www.exercise4weightloss.com/)

If you want to use an interactive body fat calculator, just use the link below <http://www.exercise4weightloss.com/body-fat-calculator.html>

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Weight** | **Waist** | **Hips** | **Upper Arms** | **Thighs** | **Chest** | **Total Inches** | **Body Fat** |
| Start |  |  |  |  |  |  |  |  |
| Week1 |  |  |  |  |  |  |  |  |
| Week2 |  |  |  |  |  |  |  |  |
| Week3 |  |  |  |  |  |  |  |  |
| Week4 |  |  |  |  |  |  |  |  |
| Week5 |  |  |  |  |  |  |  |  |
| Week6 |  |  |  |  |  |  |  |  |
| Week7 |  |  |  |  |  |  |  |  |
| *Week8* |  |  |  |  |  |  |  |  |
| Week9 |  |  |  |  |  |  |  |  |
| Week10 |  |  |  |  |  |  |  |  |
| Week11 |  |  |  |  |  |  |  |  |
| Week12 |  |  |  |  |  |  |  |  |
| Week13 |  |  |  |  |  |  |  |  |
| Week14 |  |  |  |  |  |  |  |  |
| Week15 |  |  |  |  |  |  |  |  |
| Week16 |  |  |  |  |  |  |  |  |
| Week17 |  |  |  |  |  |  |  |  |
| Week18 |  |  |  |  |  |  |  |  |
| Week19 |  |  |  |  |  |  |  |  |
| Week20 |  |  |  |  |  |  |  |  |
| Week21 |  |  |  |  |  |  |  |  |
| Week22 |  |  |  |  |  |  |  |  |
| Week23 |  |  |  |  |  |  |  |  |
| Week24 |  |  |  |  |  |  |  |  |
| Week25 |  |  |  |  |  |  |  |  |
| Week26 |  |  |  |  |  |  |  |  |

***Exercise 4 Weight Loss Journal***

Use the below journal to record your daily foods, activities and your thoughts. Tracking your progress is a great weight loss tool. Print this off to begin using today. [www.exercise4weightloss.com](http://www.exercise4weightloss.com/)

***My Weight Loss Journal***

**My Foods**

|  |  |  |
| --- | --- | --- |
| Time of day | Food item | Calories |
|  |  |  |
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**My Activity**

|  |  |  |
| --- | --- | --- |
| Time of day | Activity | Duration |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

**My thoughts**