**Weight Loss Tracking Chart**

Weight Chart

Weight-loss Graph

0

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

1

2

3 4

measure

5

6

7 8

measure

9 10

11 12

measure

measure

Month

1

2

3

4

Rt Upper Arm

Waist

Hips

Right Thigh

Week

Weight

Loss/Gain From Previous Week

Total Loss/Gain

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

16

**Starting Weight: 10% Target: Ultimate Goal:**