

HAPPY WEIGHT LOSS CHART

You can do this!



Week 1 Week 2 Week 3 Week 4 Week 5 Week 6 Week 7 Week 8 Week 9 Week 10

DATE										
WEIGHT										
Lost...										

MEASUREMENTS...

↑
Woo, go you!

YOU are doing so well...

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
Chest										
Waist										
Hips										

PICTURE MOTIVATION:



Everyday...



- 2 Litres of Water
- 1 hour of exercise

ACHIEVE TARGET BY:

