Tracking Sheet for Pounds Lost

Tracking Weight Loss

Beginning Dates →

Beginning Weight ↓

Weight (lbs.)

Weeks 0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24

1. Write your starting weight in the top box along the left-hand side of the chart, and decrease each entry below it by one or half-pound.
2. In the first box along the top, enter the date you started the program, and in the boxes to the right, enter the dates for the same day of the week for the next 12 weeks. For example, if you begin your program on a Saturday, fill in the dates of the next 12 Saturdays in the boxes across the top. Or, if you prefer weighing daily, enter dates accordingly.
3. Shade the boxes that correspond to the weight you have lost.