

Your Natural Weight Loss Log

Name: _____

Week 1							
Date							
Total Weight							
Total Weight Loss							
Body Fat %							
Total Fat Loss							
Waist Measurement	*Measure at end of each week						

Week 2							
Date							
Total Weight							
Total Weight Loss							
Body Fat %							
Total Fat Loss							
Waist Measurement	*Measure at end of each week						

Week 3							
Date							
Total Weight							
Total Weight Loss							
Body Fat %							
Total Fat Loss							
Waist Measurement	*Measure at end of each week						

Week 4							
Date							
Total Weight							
Total Weight Loss							
Body Fat %							
Total Fat Loss							
Waist Measurement	*Measure at end of each week						

