

# WIEGHT LOSS GOAL SHEET

Name: \_\_\_\_\_ Current Weight: \_\_\_\_\_

Start Date: \_\_\_\_\_ Goal Weight: \_\_\_\_\_

Date \_\_\_\_\_ Week 1: Weight \_\_\_\_\_ Loss \_\_\_\_\_ Gain \_\_\_\_\_

Date \_\_\_\_\_ Week 2: Weight \_\_\_\_\_ Loss \_\_\_\_\_ Gain \_\_\_\_\_

Date \_\_\_\_\_ Week 3: Weight \_\_\_\_\_ Loss \_\_\_\_\_ Gain \_\_\_\_\_

Date \_\_\_\_\_ Week 4: Weight \_\_\_\_\_ Loss \_\_\_\_\_ Gain \_\_\_\_\_

Date \_\_\_\_\_ Week 5: Weight \_\_\_\_\_ Loss \_\_\_\_\_ Gain \_\_\_\_\_

Date \_\_\_\_\_ Week 6: Weight \_\_\_\_\_ Loss \_\_\_\_\_ Gain \_\_\_\_\_

Date \_\_\_\_\_ Week 7: Weight \_\_\_\_\_ Loss \_\_\_\_\_ Gain \_\_\_\_\_

Date \_\_\_\_\_ Week 8: Weight \_\_\_\_\_ Loss \_\_\_\_\_ Gain \_\_\_\_\_

**TOTAL 8 WEEK LOSS:** \_\_\_\_\_