

**WEEK 1**

**WEEK 2**

Current Weight ..... The main reason I want to lose weight is .....

Goal Weight ..... If I don't lose weight I will feel .....

Current Weight ..... The main reason I want to lose weight is .....

Goal Weight ..... If I don't lose weight I will feel .....

**B/FAST SNACK LUNCH SNACK DINNER SNACK**

**B/FAST SNACK LUNCH SNACK DINNER SNACK**

**MON**

**MON**

**TUE**

**TUE**

**WED**

**WED**

**THU**

**THU**

**FRI**

**FRI**

**SAT**

**SAT**

**SUN**

**SUN**

**RECORD  
AT THE  
END OF  
EACH  
WEEK**

**WEIGHT  
(KG)**

**PANT  
SIZE**

**WAIST  
(CM)**

**SHIRT  
SIZE**

**THIGH  
(CM)**

**I FEEL**

**RECORD  
AT THE  
END OF  
EACH  
WEEK**

**WEIGHT  
(KG)**

**WAIST  
(CM)**

**THIGH  
(CM)**