



# Weight Loss Tracker

**6 WEEK  
WEIGHT LOSS  
CHALLENGE**

	KG's	+/- Weekly	+/- Cumulative
Starting Weight			
Week 1			
Week 2			
Week 3			
Week 4			
Week 5			
Week 6			

## Measurements

Starting BMI \_\_\_\_\_

Height \_\_\_\_\_

Finishing BMI \_\_\_\_\_

	R	L
<b>start</b>		
Thigh	_____	_____
Arm	_____	_____
Waist	_____	_____
Chest	_____	_____

	R	L
<b>finish</b>		
Thigh	_____	_____
Arm	_____	_____
Waist	_____	_____
Chest	_____	_____

cm's lost \_\_\_\_\_

cm's lost \_\_\_\_\_