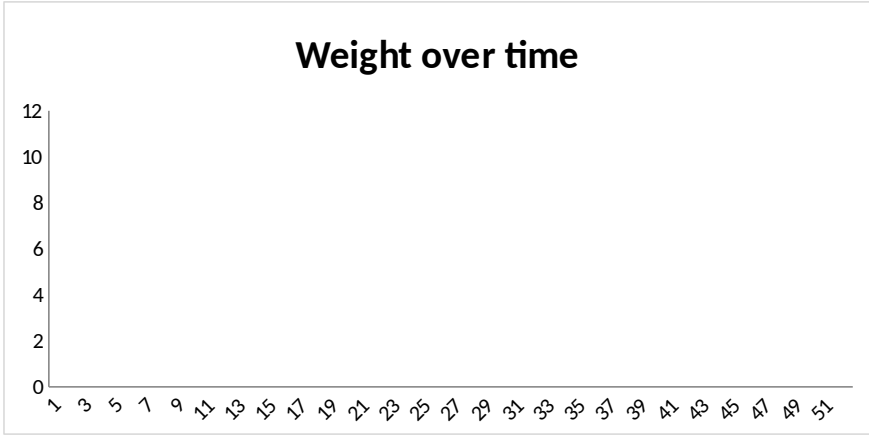
Weight loss tracker

Free template from abacurio.com

Fill in the yellow cells. Everything else is calculated for you.

Week	Date	Weight	Change	Total lost	BMI
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					
21					
22					
23					
24					
25					
26					
27					
28					
29					
30					
31					

Unit (kg or lb)	lb
Starting weight	
Goal weight	
Height (cm)	
Start date	
Latest weight	0.0
Lost so far	
Still to go	
Progress to goal	
BMI	



32	
33	
34	
35	
36	
37	
38	
39	
40	
41	
42	
43	
44	
45	
46	
47	
48	
49	
50	
51	
52	