

Weight Loss Tracker

Name:

Start Date:

Current Weight:

Target Weight:

Rewards

5 LBS	
10 LBS	
15 LBS	
20 LBS	
25 LBS	
30 LBS	
35 LBS	
40 LBS	
45 LBS	
50 LBS	

Pounds gone

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



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Time to make a change

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