



Daily Progress 12 Week Weight Loss Chart

Weight			Month 1														Month 2														Month 3															
Kg	(or)	Lbs	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S		
1.5		3																																												
1		2																																												
0.5		1																																												
START HERE																																														
-0.5		-1																																												
-1		-2																																												
-1.5		-3																																												
-2		-4																																												
-2.5		-5																																												
-3		-6																																												
-3.5		-7																																												
-4		-8																																												
-4.5		-9																																												
-5		-10																																												
-5.5		-11																																												
-6		-12																																												
-6.5		-13																																												
-7		-14																																												
-7.5		-15																																												
-8		-16																																												

Start Weight:

Start Date: