

Month 1

Month 2

Bi-monthly weight loss goals

Use this to plan and keep track of your weight loss progress, weight goals and personal goals.

Notes:

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Start weight kg Goal weight kg End weight kg

Weekly weight loss progress

Month 1

Week 1	<input type="text"/> kg	Mood	<input type="text"/>
Week 2	<input type="text"/> kg	Mood	<input type="text"/>
Week 3	<input type="text"/> kg	Mood	<input type="text"/>
Week 4	<input type="text"/> kg	Mood	<input type="text"/>

Month 2

Week 5	<input type="text"/> kg	Mood	<input type="text"/>
Week 6	<input type="text"/> kg	Mood	<input type="text"/>
Week 7	<input type="text"/> kg	Mood	<input type="text"/>
Week 8	<input type="text"/> kg	Mood	<input type="text"/>

Personal goals

3 things I am going to do for myself

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Things I want to improve on

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New things to try

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Yearly weight loss progress

Jan	Feb
Mar	Apr
May	Jun
July	Aug
Sep	Oct
Nov	Dec

Total weight loss kg