

A background image showing a person's hand holding a dumbbell on a gym floor. The image is faded and serves as a backdrop for the text.

# WEIGHT LOSS *Planner*

# WEIGHT LOSS JOURNAL

**WHAT IS MY  
IDEAL WEIGHT?**

**WHAT ACTIVITIES &  
EXERCISES WILL I  
DO TO GET MYSELF  
INTO SHAPE?**

**WHAT HEALTHY  
FOODS DO I NEED TO  
INCORPORATE INTO  
MY DIET?**

**WHAT JUNK FOODS  
DO I NEED TO  
ELIMINATE FROM  
MY DIET?**

**WHO WILL I CALL TO  
SUPPORT ME AND  
KEEP ME  
ACCOUNTABLE?**

# WEIGHT LOSS ANNUAL

YEAR :

\_\_\_\_\_

	Start	End	Gain	Loss	NOTES	
JANUARY	WK 1	_____	_____	<input type="radio"/>		<input type="radio"/>
	WK 2	_____	_____	<input type="radio"/>		<input type="radio"/>
	WK 3	_____	_____	<input type="radio"/>		<input type="radio"/>
	WK 4	_____	_____	<input type="radio"/>		<input type="radio"/>

	Start	End	Gain	Loss	NOTES	
FEBRUARY	WK 1	_____	_____	<input type="radio"/>		<input type="radio"/>
	WK 2	_____	_____	<input type="radio"/>		<input type="radio"/>
	WK 3	_____	_____	<input type="radio"/>		<input type="radio"/>
	WK 4	_____	_____	<input type="radio"/>		<input type="radio"/>

	Start	End	Gain	Loss	NOTES	
MARCH	WK 1	_____	_____	<input type="radio"/>		<input type="radio"/>
	WK 2	_____	_____	<input type="radio"/>		<input type="radio"/>
	WK 3	_____	_____	<input type="radio"/>		<input type="radio"/>
	WK 4	_____	_____	<input type="radio"/>		<input type="radio"/>

	Start	End	Gain	Loss	NOTES	
APRIL	WK 1	_____	_____	<input type="radio"/>		<input type="radio"/>
	WK 2	_____	_____	<input type="radio"/>		<input type="radio"/>
	WK 3	_____	_____	<input type="radio"/>		<input type="radio"/>
	WK 4	_____	_____	<input type="radio"/>		<input type="radio"/>

# WEIGHT LOSS ANNUAL

YEAR : \_\_\_\_\_

	Start	End	Gain	Loss	NOTES
MAY WK 1	_____	_____	<input type="radio"/>	<input type="radio"/>	
MAY WK 2	_____	_____	<input type="radio"/>	<input type="radio"/>	
MAY WK 3	_____	_____	<input type="radio"/>	<input type="radio"/>	
MAY WK 4	_____	_____	<input type="radio"/>	<input type="radio"/>	

	Start	End	Gain	Loss	NOTES
JUNE WK 1	_____	_____	<input type="radio"/>	<input type="radio"/>	
JUNE WK 2	_____	_____	<input type="radio"/>	<input type="radio"/>	
JUNE WK 3	_____	_____	<input type="radio"/>	<input type="radio"/>	
JUNE WK 4	_____	_____	<input type="radio"/>	<input type="radio"/>	

	Start	End	Gain	Loss	NOTES
JULY WK 1	_____	_____	<input type="radio"/>	<input type="radio"/>	
JULY WK 2	_____	_____	<input type="radio"/>	<input type="radio"/>	
JULY WK 3	_____	_____	<input type="radio"/>	<input type="radio"/>	
JULY WK 4	_____	_____	<input type="radio"/>	<input type="radio"/>	

	Start	End	Gain	Loss	NOTES
AUGUST WK 1	_____	_____	<input type="radio"/>	<input type="radio"/>	
AUGUST WK 2	_____	_____	<input type="radio"/>	<input type="radio"/>	
AUGUST WK 3	_____	_____	<input type="radio"/>	<input type="radio"/>	
AUGUST WK 4	_____	_____	<input type="radio"/>	<input type="radio"/>	

# WEIGHT LOSS ANNUAL

YEAR :

\_\_\_\_\_

	Start	End	Gain	Loss	NOTES	
SEPTEMBER	WK 1	_____	_____	<input type="radio"/>		<input type="radio"/>
	WK 2	_____	_____	<input type="radio"/>		<input type="radio"/>
	WK 3	_____	_____	<input type="radio"/>		<input type="radio"/>
	WK 4	_____	_____	<input type="radio"/>		<input type="radio"/>

	Start	End	Gain	Loss	NOTES	
OCTOBER	WK 1	_____	_____	<input type="radio"/>		<input type="radio"/>
	WK 2	_____	_____	<input type="radio"/>		<input type="radio"/>
	WK 3	_____	_____	<input type="radio"/>		<input type="radio"/>
	WK 4	_____	_____	<input type="radio"/>		<input type="radio"/>

	Start	End	Gain	Loss	NOTES	
NOVEMBER	WK 1	_____	_____	<input type="radio"/>		<input type="radio"/>
	WK 2	_____	_____	<input type="radio"/>		<input type="radio"/>
	WK 3	_____	_____	<input type="radio"/>		<input type="radio"/>
	WK 4	_____	_____	<input type="radio"/>		<input type="radio"/>

	Start	End	Gain	Loss	NOTES	
DECEMBER	WK 1	_____	_____	<input type="radio"/>		<input type="radio"/>
	WK 2	_____	_____	<input type="radio"/>		<input type="radio"/>
	WK 3	_____	_____	<input type="radio"/>		<input type="radio"/>
	WK 4	_____	_____	<input type="radio"/>		<input type="radio"/>



# INTERMITTENT FASTING

MONTH: \_\_\_\_\_

## MONDAY

<b>GOAL</b>	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
<b>ACTUAL</b>	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11

## TUESDAY

<b>GOAL</b>	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
<b>ACTUAL</b>	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11

## WEDNESDAY

<b>GOAL</b>	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
<b>ACTUAL</b>	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11

## THURSDAY

<b>GOAL</b>	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
<b>ACTUAL</b>	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11

## FRIDAY

<b>GOAL</b>	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
<b>ACTUAL</b>	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11

## SATURDAY

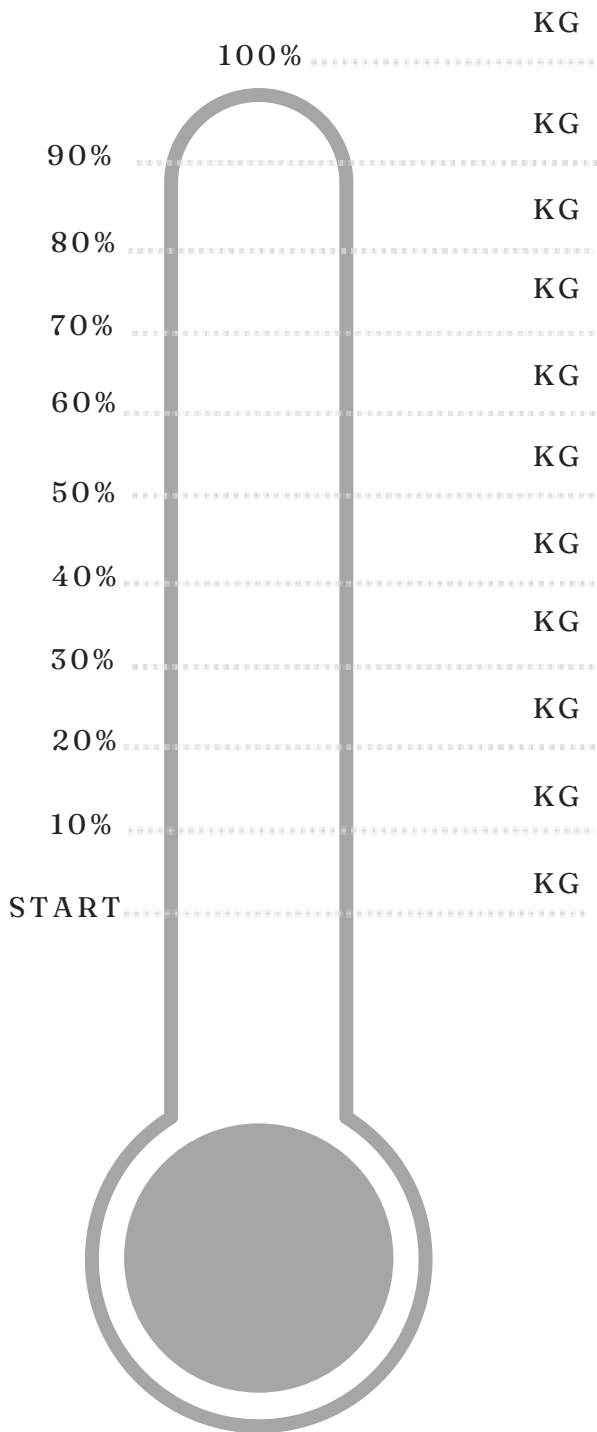
<b>GOAL</b>	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
<b>ACTUAL</b>	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11

## SUNDAY

<b>GOAL</b>	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
<b>ACTUAL</b>	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11

# WEIGHT LOSS GOAL

Notes:



A large, empty grey rectangular area intended for notes.



# BEFORE & AFTER

TOP  
GOAL \_\_\_\_\_

BEFORE  
DATE \_\_\_\_\_

AFTER  
DATE \_\_\_\_\_

## MEASUREMENTS

CHEST	<input type="text"/>
WAIST	<input type="text"/>
HIP	<input type="text"/>
ARMS	<input type="text"/>
THIGHS	<input type="text"/>

CHEST	<input type="text"/>
WAIST	<input type="text"/>
HIP	<input type="text"/>
ARMS	<input type="text"/>
THIGHS	<input type="text"/>

## NUMBERS

WEIGHT
BMI
BODY FAT
MUSCLE

WEIGHT
BMI
BODY FAT
MUSCLE

MOTIVATION
------------

NEXT STEPS
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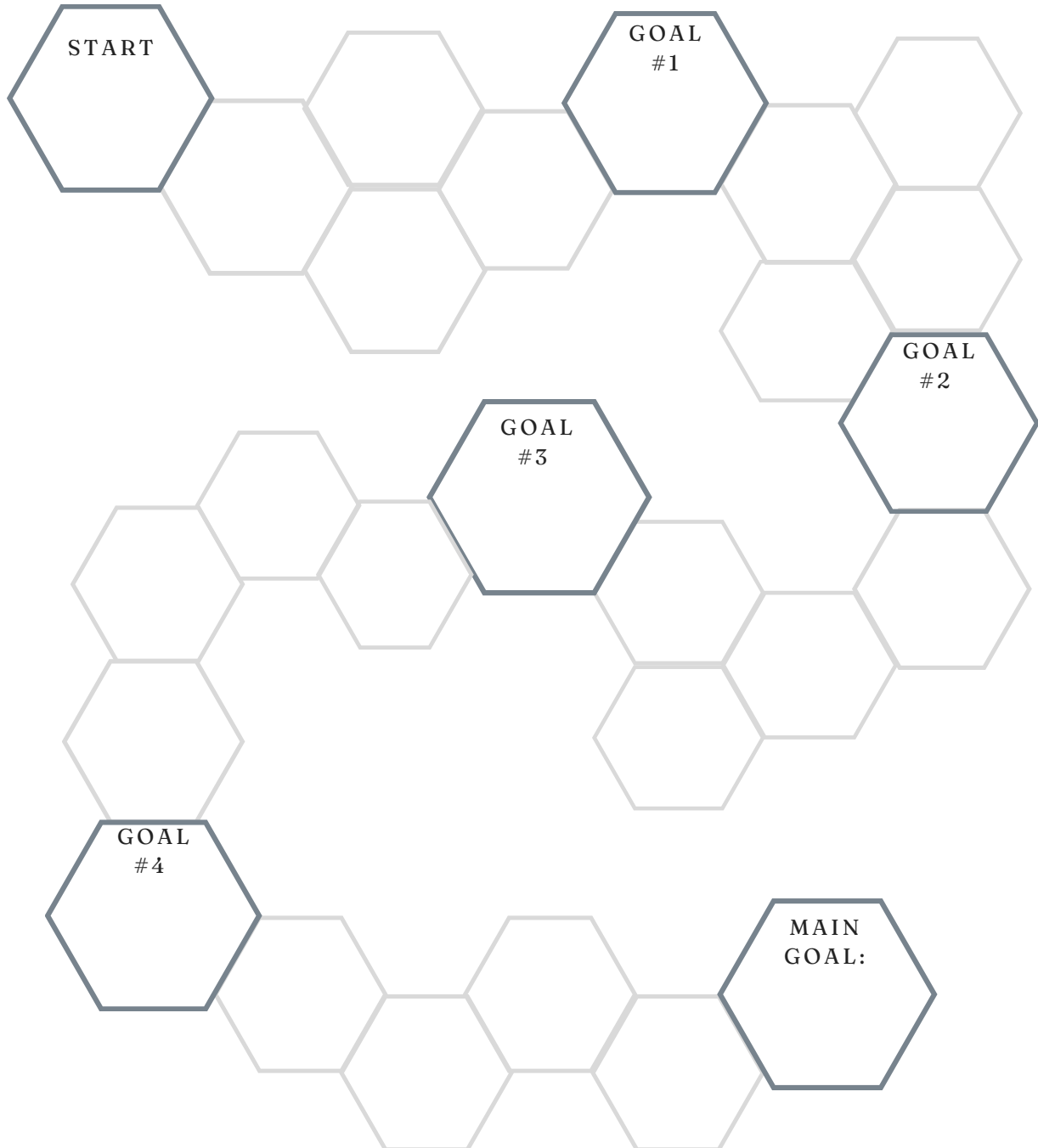
# BEFORE & AFTER

START DATE:	FINISH DATE:
BEFORE:	AFTER:

BEFORE		AFTER	
NECK		NECK	
BICEP L		BICEP L	
BICEP R		BICEP R	
CHEST		CHEST	
WAIST		WAIST	
HIPS		HIPS	
TIGHT L		TIGHT L	
TIGHT R		TIGHT R	
WEIGHT		WEIGHT	

# WEIGHT LOSS TRACKER

MONTH \_\_\_\_\_



<b>GOALS</b>	#1	<b>REWARDS</b>	
	#2		
	#3		
	#4		
	MAIN:		

# MEASUREMENT TRACKER

	Weight	Neck	Chest	Waist	Hips	Thighs	Bust	Biceps
January	_____	_____	_____	_____	_____	_____	_____	_____
February	_____	_____	_____	_____	_____	_____	_____	_____
March	_____	_____	_____	_____	_____	_____	_____	_____
April	_____	_____	_____	_____	_____	_____	_____	_____
May	_____	_____	_____	_____	_____	_____	_____	_____
June	_____	_____	_____	_____	_____	_____	_____	_____
July	_____	_____	_____	_____	_____	_____	_____	_____
August	_____	_____	_____	_____	_____	_____	_____	_____
September	_____	_____	_____	_____	_____	_____	_____	_____
October	_____	_____	_____	_____	_____	_____	_____	_____
November	_____	_____	_____	_____	_____	_____	_____	_____
December	_____	_____	_____	_____	_____	_____	_____	_____

Notes

# MEASUREMENT TRACKER

DATE: \_\_\_\_\_

<b>GOAL</b>	
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	PROGRESS							
	Week 01	Week 02	Week 03	Week 04	Week 05	Week 06	Week 07	Week 08
WEIGHT								
NECK								
CHEST								
ARMS								
WAIST								
HIPS								
THIGHS								
CALF								

<b>NOTES</b>	
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# RECIPE PLANNER

Category:

Prep Time:

Cook Time:

Total Time:

Servings:

Difficulty:

Source:

Total Needed:

Prep Ahead:

Notes:

Name:

Ingredients:

Directions:

# FAVORITE RECIPES

Date: \_\_\_\_\_

Recipe Name	Difficulty	Rating
	1 2 3 4 5	
	1 2 3 4 5	
	1 2 3 4 5	
	1 2 3 4 5	
	1 2 3 4 5	
	1 2 3 4 5	
	1 2 3 4 5	
	1 2 3 4 5	
	1 2 3 4 5	
	1 2 3 4 5	
	1 2 3 4 5	
	1 2 3 4 5	
	1 2 3 4 5	

# MEAL PLANNER

WEEK \_\_\_\_\_

Day	Breakfast	Lunch	Dinner	Dessert
M				
T				
W				
T				
F				
S				
S				

**Cheeky Treats & Snacks:**









# 30 DAYS CHALLENGE

01	02	03	04	05
06	07	08	09	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

# WORKOUT LOG

	Activity	Time	Distance	Sets	Reps	Weight
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						





# HABIT TRACKER

MONTH \_\_\_\_\_

HABIT:						
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				

HABIT:						
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				

HABIT:						
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				

HABIT:						
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				

HABIT:						
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

HABIT:						
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

# WATER TRACKER

MONTH OF

THE WEEK OF

THE WEEK OF

THE WEEK OF

THE WEEK OF

**MON**



**MON**



**MON**



**MON**



**TUE**



**TUE**



**TUE**



**TUE**



**WED**



**WED**



**WED**



**WED**



**THU**



**THU**



**THU**



**THU**



**FRI**



**FRI**



**FRI**



**FRI**



**SAT**



**SAT**



**SAT**



**SAT**



**SUN**



**SUN**



**SUN**



**SUN**



# SLEEP TRACKER

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	TOTAL
1	8	9	10	11	12	13	14	15	16	17	18		
2	8	9	10	11	12	13	14	15	16	17	18		
3	8	9	10	11	12	13	14	15	16	17	18		
4	8	9	10	11	12	13	14	15	16	17	18		
5	8	9	10	11	12	13	14	15	16	17	18		
6	8	9	10	11	12	13	14	15	16	17	18		
7	8	9	10	11	12	13	14	15	16	17	18		
8	8	9	10	11	12	13	14	15	16	17	18		
9	8	9	10	11	12	13	14	15	16	17	18		
10	8	9	10	11	12	13	14	15	16	17	18		
11	8	9	10	11	12	13	14	15	16	17	18		
12	8	9	10	11	12	13	14	15	16	17	18		
13	8	9	10	11	12	13	14	15	16	17	18		
14	8	9	10	11	12	13	14	15	16	17	18		
15	8	9	10	11	12	13	14	15	16	17	18		
16	8	9	10	11	12	13	14	15	16	17	18		
17	8	9	10	11	12	13	14	15	16	17	18		
18	8	9	10	11	12	13	14	15	16	17	18		
19	8	9	10	11	12	13	14	15	16	17	18		
20	8	9	10	11	12	13	14	15	16	17	18		
21	8	9	10	11	12	13	14	15	16	17	18		
22	8	9	10	11	12	13	14	15	16	17	18		
23	8	9	10	11	12	13	14	15	16	17	18		
24	8	9	10	11	12	13	14	15	16	17	18		
25	8	9	10	11	12	13	14	15	16	17	18		
26	8	9	10	11	12	13	14	15	16	17	18		
27	8	9	10	11	12	13	14	15	16	17	18		
28	8	9	10	11	12	13	14	15	16	17	18		
29	8	9	10	11	12	13	14	15	16	17	18		
30	8	9	10	11	12	13	14	15	16	17	18		
31	8	9	10	11	12	13	14	15	16	17	18		

# PERIOD TRACKER

MONTH \_\_\_\_\_

KEY:  HEAVY  NORMAL  LIGHT  SPOTTING

## JANUARY

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

## FEBRUARY

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

## MARCH

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

## APRIL

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

## MAY

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

## JUNE

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

## JULY

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

## AUGUST

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

## SEPTEMBER

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

## OCTOBER

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

## NOVEMBER

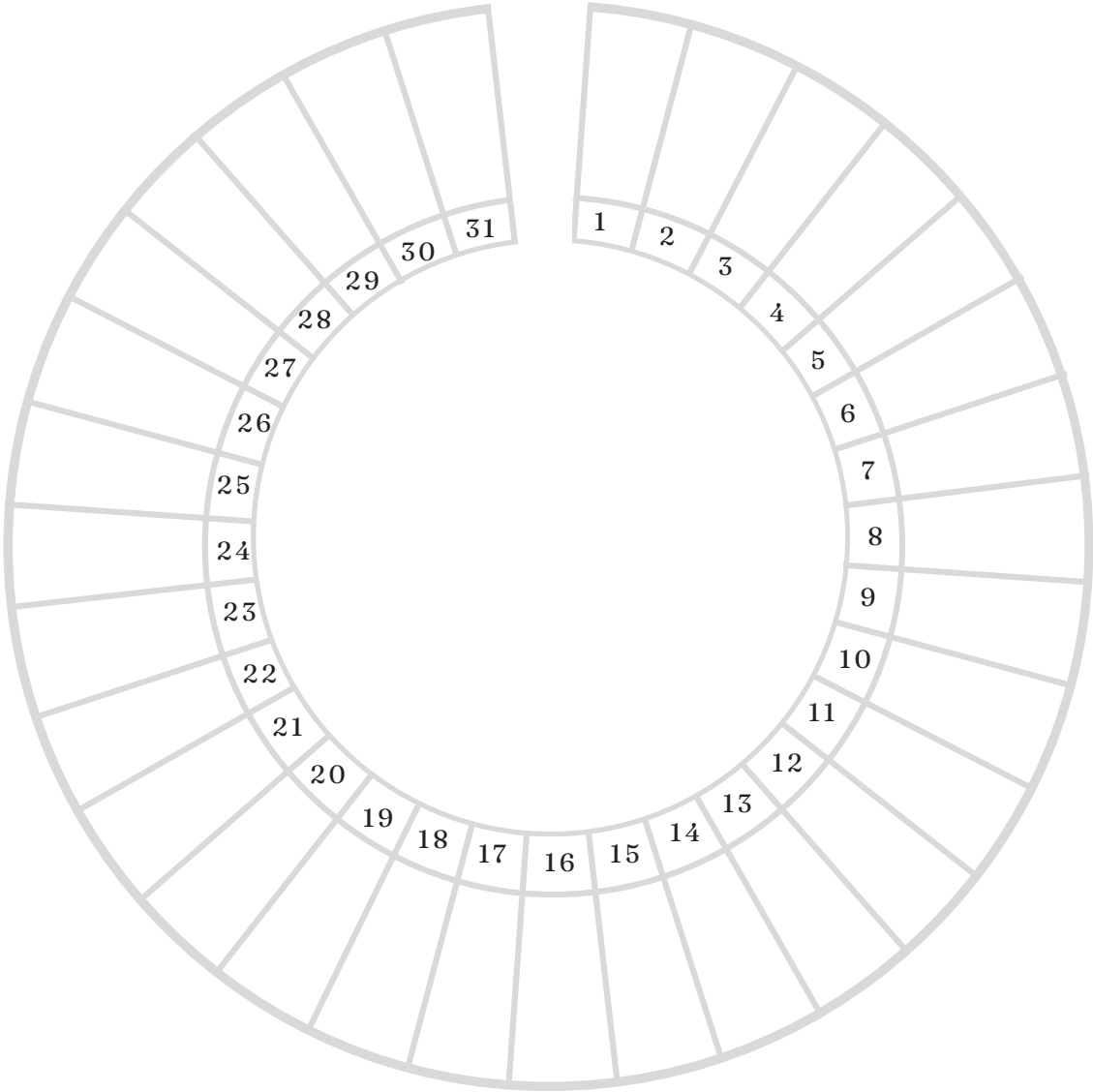
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

## DECEMBER

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

# MOOD TRACKER

MONTH \_\_\_\_\_



NEUTRAL

TIRED

STRESSED

GRUMPY

SICK

SAD

RELAXED

HAPPY

ANGRY

