



Weight Loss Goal Setting Worksheet

For Weight Maintenance: Daily Calorie intake = Your BMR

For Weight Loss: Daily Calorie Intake = Your BMR - 500 (Intake should not be less than 1200 calories)

[illegible]

12 Weeks Tracker							
Week	Dates (Tuesday)	Weight (KG)	Arm (Inches)	Chest (Inches)	Waist (Inches)	Hips (Inches)	Thighs/Calves (Inches)
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							

Take print out of both goal setting & tracker sheet and fill the details accordingly

For One on One Consultation

<https://www.coachmrutyunjaya.com/book-a-meeting>