

# 20 WEEK WEIGHT LOSS *chart*

**Instructions:** List your starting weight.  
 Each week, weigh yourself at the same time of day.  
 Calculate your weight lost for the week, and total  
 lost from the starting weight.

WEEK	WEIGHT	WEEKLY LOSS	TOTAL LOSS
starting:			
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			

*\*always consult your doctor before taking on any  
 weight loss program*