

Weight Loss Tracker

WEIGHT LOSS TRACKER

Below is a weight loss tracker template in a table format. You can use it to monitor your progress and stay motivated throughout your weight loss journey.

Week 1 - Start Date: _____ dd / mm / yyyy Week 1 - End Date: _____ dd / mm / yyyy

Week 1 - Starting Weight: _____ Week 1 - Weekly Goal: _____

Week 1 - Exercise (min): _____ Week 1 - Calories Consumed: _____

Week 1 - Calories Burned: _____ Week 1 - Weight Change: _____

Week 1 - Total Weight Loss: _____

Week 1 - Remarks

Additional Notes