



**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	WK1	_____	_____	<input type="radio"/>	<input type="radio"/>	
	WK2	_____	_____	<input type="radio"/>	<input type="radio"/>	
	WK3	_____	_____	<input type="radio"/>	<input type="radio"/>	
	WK4	_____	_____	<input type="radio"/>	<input type="radio"/>	

	START	END	GAIN	LOSS	NOTES	
FEBRUARY	WK1	_____	_____	<input type="radio"/>	<input type="radio"/>	
	WK2	_____	_____	<input type="radio"/>	<input type="radio"/>	
	WK3	_____	_____	<input type="radio"/>	<input type="radio"/>	
	WK4	_____	_____	<input type="radio"/>	<input type="radio"/>	

	START	END	GAIN	LOSS	NOTES	
MARCH	WK1	_____	_____	<input type="radio"/>	<input type="radio"/>	
	WK2	_____	_____	<input type="radio"/>	<input type="radio"/>	
	WK3	_____	_____	<input type="radio"/>	<input type="radio"/>	
	WK4	_____	_____	<input type="radio"/>	<input type="radio"/>	

	START	END	GAIN	LOSS	NOTES	
APRIL	WK1	_____	_____	<input type="radio"/>	<input type="radio"/>	
	WK2	_____	_____	<input type="radio"/>	<input type="radio"/>	
	WK3	_____	_____	<input type="radio"/>	<input type="radio"/>	
	WK4	_____	_____	<input type="radio"/>	<input type="radio"/>	

WEIGHT LOSS ANNUAL

YEAR : _____

	START	END	GAIN	LOSS	NOTES
MAY					
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
JUNE					
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
JULY					
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
AUGUST					
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	
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

GOAL	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
ACTUAL	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

GOAL	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
ACTUAL	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

GOAL	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
ACTUAL	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

GOAL	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
ACTUAL	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

GOAL	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
ACTUAL	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

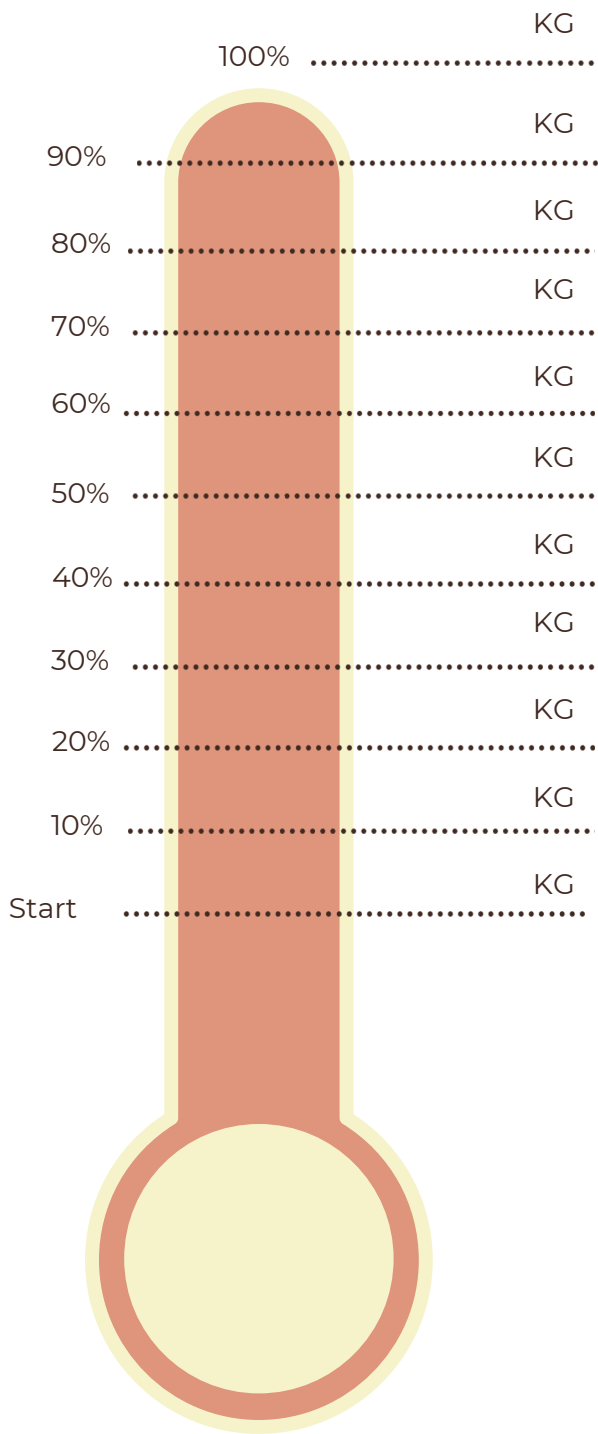
GOAL	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
ACTUAL	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11

SUNDAY

GOAL	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
ACTUAL	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 rectangular area with a light yellow background, 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

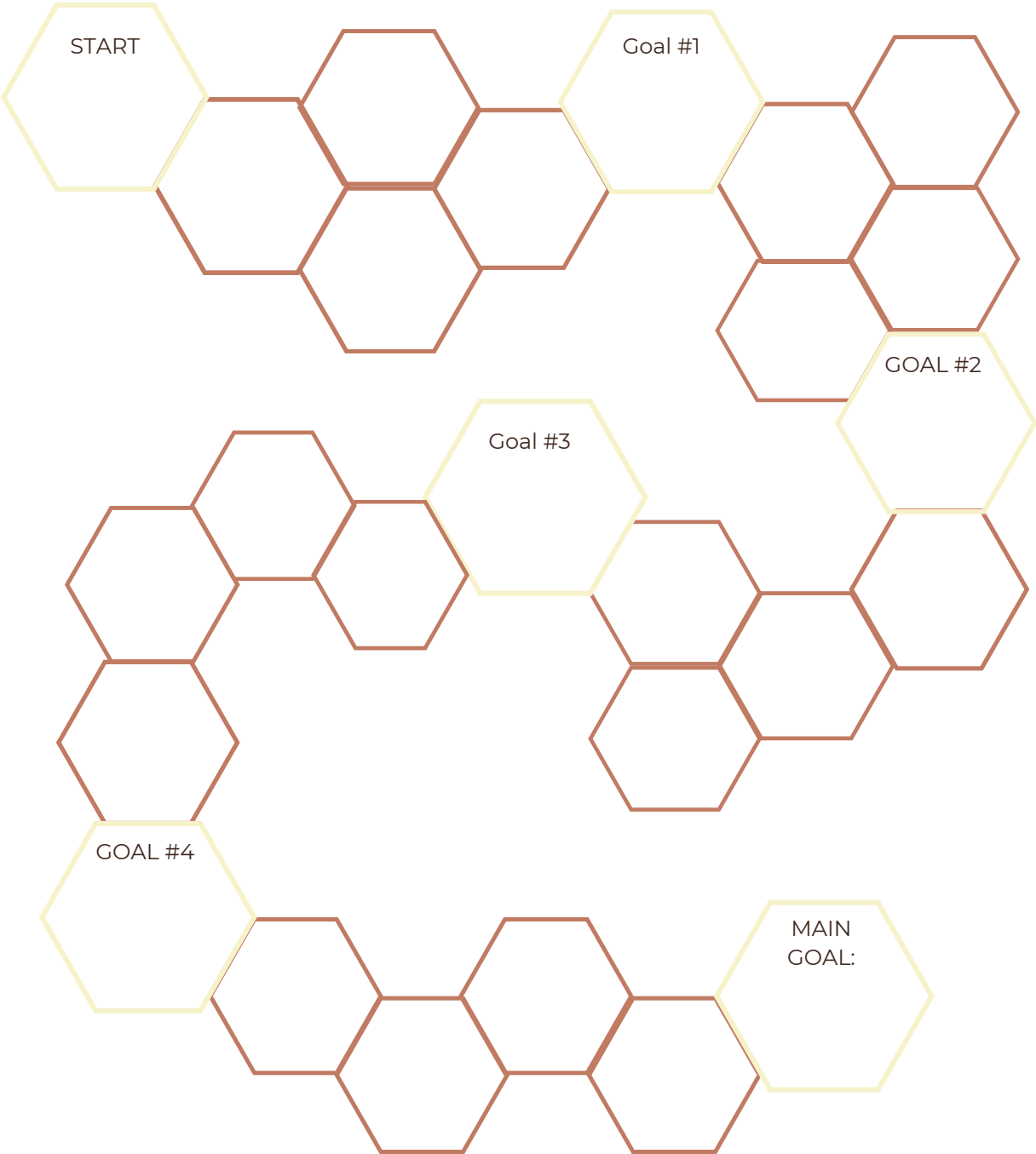
BEFORE & AFTER

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 _____



GOALS	#1	REWARDS	
	#2		
	#3		
	#4		
	MAIN:		

MEASUREMENT TRACKER

DATE:

GOAL	
------	--

	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								

NOTES	
-------	--

HEALTHY RECIPE

Name:

Prep Time:

Cooking Time:

Servings:

INGREDIENTS

Rating:



INSTRUCTIONS

RECIPE PLANNER

Category:

Prep Time:

Cook Time:

Total Time:

Servings:

Difficulty:

Source:

Total Needed:

Prep Ahead:

Notes:

Name:

INGREDIENTS:

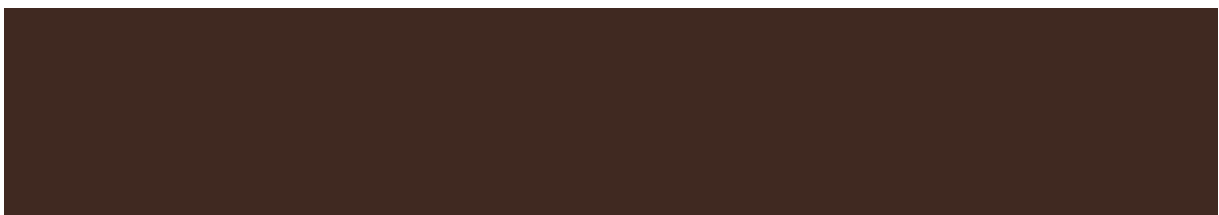
DIRECTIONS:

MEAL PLANNER

Week _____

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

Cheeky Treats & Snacks:



CALORIE JOURNAL

START DATE:

	MON	TUE	WED	THU	FRI	SAT	SUN
BREAKFAST							
LUNCH							
DINNER							
SNACKS							
WATER							
Total Calories:							

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

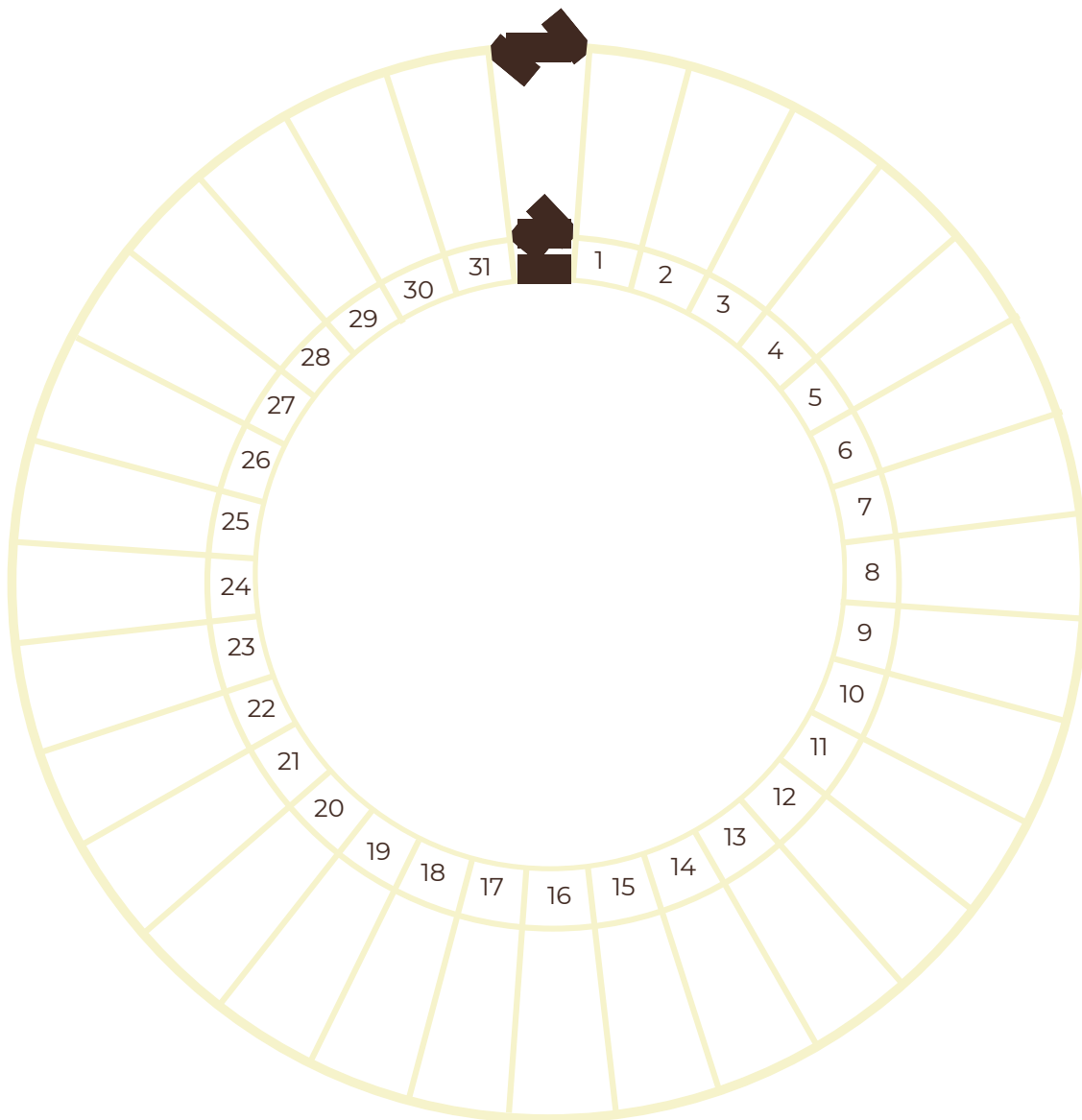
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

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

