



Petal & Paper

YOUR FREE PRINTABLE

Weight loss tracker



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P R O G R E S S , N O T P E R F E C T I O N

weight loss tracker

Starting point

Start date: ____ Start weight: ____kg / lbs
Waist: ____cm Hip: ____cm Arm: ____cm
Goal weight: ____ Target date: ____
Weekly calorie target: ____ Daily steps target: ____

Monthly measurements

Waist: ____cm Change: ____
Hip: ____cm Change: ____
Arm: ____cm Change: ____
Total weight lost this month: ____kg

Weekly weigh-ins

Week 1: ____kg Change: ____ Trend: ↓ → ↑
Week 2: ____kg Change: ____ Trend: ↓ → ↑
Week 3: ____kg Change: ____ Trend: ↓ → ↑
Week 4: ____kg Change: ____ Trend: ↓ → ↑

What's working

Best habit this month: _____
Hardest challenge: _____
Next month focus: _____