

<i>Weekly Weigh In</i>	
<i>Week 1</i> Starting Weight: Goal Weight: Lbs need to lose:	<i>Week 7</i> Current Weight: Lbs Lost: Lbs to go:
<i>Week 2</i> Current Weight: Lbs Lost: Lbs to go:	<i>Week 8</i> Current Weight: Lbs Lost: Lbs to go:
<i>Week 3</i> Current Weight: Lbs Lost: Lbs to go:	<i>Week 9</i> Current Weight: Lbs Lost: Lbs to go:
<i>Week 4</i> Current Weight: Lbs Lost: Lbs to go:	<i>Week 10</i> Current Weight: Lbs Lost: Lbs to go:
<i>Week 5</i> Current Weight: Lbs Lost: Lbs to go:	<i>Week 11</i> Current Weight: Lbs Lost: Lbs to go:
<i>Week 6</i> Current Weight: Lbs Lost: Lbs to go:	<i>Week 12</i> Current Weight: Lbs Lost: Lbs to go:
<i>Half way point analysis:</i> Total 6 week weight loss: Lbs left to go: What are you going to do differently in the next 6 weeks?	Congratulations! Total weight loss: How are you going to keep the weight off? 
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Total Pounds Lost

Add a sticker to the jar to record every pound in weight you lose.

