


Weight Journal



A 30-Day Guided Journal



Tracker

Created with LoomJournals

How to Use This Journal

Welcome to your journal! Here are some tips to get the most out of it:

- 1 Set aside a few minutes each day to write
- 2 Be honest and write freely without judgment
- 3 Try to write at the same time each day to build a habit
- 4 Review your entries weekly to notice patterns

-
- Weigh yourself at the same time each day and log it
 - Record waist measurements weekly
 - Check off exercise days and log water intake
 - Focus on weekly trends rather than daily numbers



Scan for a detailed guide on how to use this journal

Weight Journal

Date: _____

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Weight	_____	_____	_____	_____	_____	_____	_____
Goal weight	_____	_____	_____	_____	_____	_____	_____
Waist (cm)	_____	_____	_____	_____	_____	_____	_____
Hips (cm)	_____	_____	_____	_____	_____	_____	_____
Body fat %	_____	_____	_____	_____	_____	_____	_____
Exercise	<input type="checkbox"/>						
Glasses of water	_____	_____	_____	_____	_____	_____	_____

Notes

Weight Journal

Date: _____

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Weight	_____	_____	_____	_____	_____	_____	_____
Goal weight	_____	_____	_____	_____	_____	_____	_____
Waist (cm)	_____	_____	_____	_____	_____	_____	_____
Hips (cm)	_____	_____	_____	_____	_____	_____	_____
Body fat %	_____	_____	_____	_____	_____	_____	_____
Exercise	<input type="checkbox"/>						
Glasses of water	_____	_____	_____	_____	_____	_____	_____

Notes

Weight Journal

Date: _____

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Weight	_____	_____	_____	_____	_____	_____	_____
Goal weight	_____	_____	_____	_____	_____	_____	_____
Waist (cm)	_____	_____	_____	_____	_____	_____	_____
Hips (cm)	_____	_____	_____	_____	_____	_____	_____
Body fat %	_____	_____	_____	_____	_____	_____	_____
Exercise	<input type="checkbox"/>						
Glasses of water	_____	_____	_____	_____	_____	_____	_____

Notes

Weight Journal

Date: _____

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Weight	_____	_____	_____	_____	_____	_____	_____
Goal weight	_____	_____	_____	_____	_____	_____	_____
Waist (cm)	_____	_____	_____	_____	_____	_____	_____
Hips (cm)	_____	_____	_____	_____	_____	_____	_____
Body fat %	_____	_____	_____	_____	_____	_____	_____
Exercise	<input type="checkbox"/>						
Glasses of water	_____	_____	_____	_____	_____	_____	_____

Notes

Weight Journal

Date: _____

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Weight	_____	_____	_____	_____	_____	_____	_____
Goal weight	_____	_____	_____	_____	_____	_____	_____
Waist (cm)	_____	_____	_____	_____	_____	_____	_____
Hips (cm)	_____	_____	_____	_____	_____	_____	_____
Body fat %	_____	_____	_____	_____	_____	_____	_____
Exercise	<input type="checkbox"/>						
Glasses of water	_____	_____	_____	_____	_____	_____	_____

Notes
