

**BONUS
DOWNLOAD**

DAILY WEIGHT LOSS *TRACKER*

Charting Your
Weight Every Day

WITH WENDY NICHOLSON

Daily Weight Loss Tracker



Tips and strategies...

When I had lost 30 lbs but still had 50 lbs left to lose, I found a FREE weight loss tracking app on my phone.

However, I found a much better option which was to track my weight loss on a piece of paper taped to my bedroom wall.

This served 2 purposes:

- It was obvious and in front of me each day
- I couldn't forget about it (like my phone app)
- I could see my progress over the weeks and months.


When I weighed myself every morning, I would enter my weight until I reached my goal weight.

I weighed every day and then, once I reached my goal weight, I have only weighed myself once every few weeks or even months now.

But in order to see progress while I was losing the weight, I found it best to keep track **every day**.

KEEP Going and you will reach your goals!
I'm cheering you on...

Wendy

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- **See EXAMPLE on page 3**
 - Print off the following pages (**Each page has 6 weeks worth of tracking**).
 - **To print in colour, select page 4**
 - **To print in grayscale, select page 5**
 - Put it on your wall and mark your weight every day if possible. If you miss a day, just skip to the next day and keep going.

EXAMPLE

Daily Weight Loss Tracker

(2-week Example)

1. Enter the week number in the **Week** column
2. Every 7 days, enter the next week number
3. In the **Date** column, starting with the first day you started weighing yourself, enter the dates and days of the week (DON'T WORRY if you miss a day...just leave it blank and skip to the next day you weigh yourself)
4. Try to weigh yourself at least on the same day of the week to start (EXAMPLE, Mondays)
5. In the **Weight** column enter your weight each day
6. DON'T Worry if your weight goes up and down each day. That is NORMAL...the weekly totals will show the most difference (EXAMPLE, each Monday numbers)

Daily Weight Loss Tracker

Week	Date	Weight
1	Monday, April 1	210 lbs
	Tuesday, April 2	209.6
	Wednesday, April 3	209.2
	Thursday, April 4	209.8
	Friday, April 5	209.6
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	Sunday, April 7	209.2
2	Monday, April 8	209
	Tuesday, April 9	208.8
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	Thursday, April 11	208.6
	Friday, April 12	208.2
	Saturday, April 13	208
	Sunday, April 14	208.2

DAILY WEIGHT LOSS TRACKER

Week	Date	Weight

Week	Date	Weight