




# DAILY WEIGHT LOG CHART



|        |                             |                            |   |    |                            |                             |   |
|--------|-----------------------------|----------------------------|---|----|----------------------------|-----------------------------|---|
| Week 1 | 1<br>START<br>OF<br>PHASE 1 | 2<br>END<br>OF<br>PHASE 1  | 1<br>START<br>OF<br>PHASE 2                             | 2  | 3                          | 4                           | 5   |
| Week 2 | 6                           | 7                          | 8   | 9  | 10                         | 11                          | 12  |
| Week 3 | 13                          | 14                         | 15  | 16 | 17                         | 18                          | 19  |
| Week 4 | 20                          | 21                         | 22  | 23 | 24                         | 25                          | 26  |
| Week 5 | 27                          | 28<br>END<br>OF<br>PHASE 2 | 1<br>START<br>OF<br>PHASE 3<br><small>WEIGH IN!</small> | 2  | 3<br>END<br>OF<br>PHASE 3  | 1<br>START<br>OF<br>PHASE 4 | 2   |
| Week 6 | 3                           | 4                          | 5   | 6  | 7                          | 8                           | 9   |
| Week 7 | 10                          | 11                         | 12  | 13 | 14                         | 15                          | 16  |
| Week 8 | 17                          | 18                         | 19  | 20 | 21<br>END<br>OF<br>PHASE 4 | 1<br>START<br>OF<br>PHASE 5 |  |