

Weight Loss Tracker

Below is a weight loss tracker template in a table format. You can use it to monitor your progress and stay motivated throughout your weight loss journey.

Week	Start Date	End Date	Starting Weight	Weekly Goal	Exercise (Min)	Calories Consumed	Calories Burned	Weight Changed	Total Weight Loss	Remarks
1										
2										
3										
4										
5										
6										
7										
8										
9										
10										

Instructions:

1. **Week:** Fill in the week number of your weight loss journey, starting with week 1.
2. **Start Date:** Fill in the starting date of the week (e.g., 2023-04-17).

3. **End Date:** Fill in the ending date of the week (e.g., 2023-04-23).
4. **Starting Weight:** Record your weight at the beginning of the week.
5. **Weekly Goal:** Set a realistic weight loss goal for the week (e.g., lose 1 pound).
6. **Exercise (min):** Track the total minutes of exercise completed during the week.
7. **Calories Consumed:** Record the total number of calories consumed during the week.
8. **Calories Burned:** Record the total number of calories burned during the week through exercise and daily activities.
9. **Weight Change:** Calculate the difference between your starting weight and your weight at the end of the week.
10. **Total Weight Loss:** Calculate your cumulative weight loss from the start of your journey to the current week.
11. **Remarks:** Write notes or observations about your week (e.g., challenges faced, milestones achieved, etc.).

Additional Notes