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 <br> Date | End <br> Date | Starting Weight | Weekly Goal | Exercise (Min) | Calories <br> Consumed | Calories Burned | Weight <br> Changed | Total Weight Loss | Remarks |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | 2023-01-29 | 2023-02-04 | 200 lbs | Lose 1 lb | $180$ | 12,000 | 13,500 | $-110$ | $-110 \mathrm{l}$ | Good start, met weekly goal! |
| 2 | 2023-02-05 | 2023-02-11 | 199 lbs | Lose 1 lb | 150 | 11,500 | 12,800 | $-0.516$ | -1.5 lbs | Struggled with motivation, but still progressing |
| 3 | 2023-02-12 | 2023-02-18 | 198.5 lbs | Lose 1 lb | 210 | 11,200 | 13,700 | $-1.516$ | -3 \|l| | Increased exercise, better meal planning |
| 4 | 2023-02-19 | 2023-02-25 | 197 lbs | Lose 1 lb | $180$ | 12,000 | 13,500 | $-110$ | -4 10S | Consistent progress, feeling more energetic |
| 5 | 2023-02-26 | 2023-03-04 | 196 lbs | Lose 1 lb | $200$ | 11,500 | 13,800 | $-1.516$ | $-5.5 \mathrm{lbs}$ | Tried a new workout, enjoyed it |
| 6 | 2023-03-05 | 2023-03-11 | 194.5 lbs | Lose 1 lb | $190$ | 11,800 | 13,600 | $-110$ | -6.5 lbs | Faced a few temptations, stayed on track |
| 7 | 2023-03-12 | 2023-03-18 | 193.5 lbs | Lose 1 lb | $220$ | 11,000 | 14,000 | $-2 \mathrm{lb}$ | -8.5 lbs | Increased exercise, feeling stronger |
| 8 | 2023-03-19 | 2023-03-25 | 191.5 lbs | Lose 1 lb | $230$ | 10,900 | 14,200 | $-2 \mathrm{lb}$ | -10.5 lbs | Hit double-digit weight loss! |
| 9 | 2023-03-26 | 2023-04-01 | 189 lbs | Lose 1 lb | $200$ | $11,400$ | $13,800$ | $-1.516$ | $-12 \mathrm{lbs}$ | New low, feeling great! |
| 10 | 2023-04-02 | 2023-04-08 | 188 lbs | Lose 1 lb | $190$ | $11,200$ | $13,500$ | $-110$ | $-13 \mathrm{lbs}$ | Maintained workout routine, focused on nutrition |

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

