

Week 1	Weight (kg)
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
Weekly Average	
Waist (cm)	

Week 2	Weight (kg)
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
Weekly Average	
Waist (cm)	

Week 3	Weight (kg)
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
Weekly Average	
Waist (cm)	

Week 4	Weight (kg)
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
Weekly Average	
Waist (cm)	

Week 5	Weight (kg)
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
Weekly Average	
Waist (cm)	

Week 6	Weight (kg)
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
Weekly Average	
Waist (cm)	

Week 7	Weight (kg)
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
Weekly Average	
Waist (cm)	

Week 8	Weight (kg)
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
Weekly Average	
Waist (cm)	