Weight Loss Tracker

Patient's name: Jane Doe **Sex:** Female

Date of birth: October 30, 1994 **Age:** 30

Height: 5'2" **Weight:** 200 lbs

Goal weight: 140 lbs **Goal weight loss per week/month:** 1 lb/week

Week/ Month	Start date	Weight at start date	End date	Weight at the end date	Weight loss at the end of the week/ month	Remarks/notes
1	January 1, 2024	200 lbs	February 2, 2024	199 lbs	-1 lb	Good start, met weekly goal!
2	February 5, 2024	199 lbs	February 11, 2024	198.5 lbs	-0.5 lb	Struggled with motivation, but still progressing
3	February 12, 2024	198.5 lbs	February 18, 2024	197 lbs	-1.5 lbs	Increased exercise, better meal planning
4	February 19, 2024	197 lbs	February 25, 2024	196 lbs	-1 lb	Consistent progress, feeling more energetic
5	February 26, 2024	196 lbs	March 4, 2024	194.5 lbs	-1.5 lbs	Tried a new workout, enjoyed it
6	March 5, 2024	194.5 lbs	March 11, 2024	193.5 lbs	-1 lb	Faced a few temptations, stayed on track
7	March 12, 2024	193.5 lbs	March 18, 2024	191.5 lbs	-2 lbs	Increased exercise, feeling stronger
8	March 19, 2024	191.5 lbs	March 25, 2024	189 lbs	-2 lbs	Hit double-digit weight loss!
9	March 26, 2024	189 lbs	April 1, 2024	188 lbs	-1.5 lbs	New low, feeling great!
10	April 2, 2024	188 lbs	April 8, 2024	187 lbs	-1 lb	Maintained workout routine, focused on nutrition
Total weight lost at the end of tracking:						

Additional notes
Lost a total of 13 lbs so far.