


WEIGHT LOSS CHALLENGE LOG

Name: _____

Week of: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Amount of water (in ounces) drank.							
Amount (in grams) of protein eaten.							
Number of calories consumed.							
Amount of exercise (in minutes). Include type.							
<p>Food Log: Write down everything you eat and drink.</p> <div style="text-align: center; margin-top: 10px;">  </div>							