

Weekly Weight Loss Meal Plan

| SUNDAY | Weight | Daily Weight Change |
|-----------------------|--------|---------------------------|
| <input type="radio"/> | | |
| <input type="radio"/> | | |
| <input type="radio"/> | | |
| <input type="radio"/> | | |

| MONDAY | Weight | Daily Weight Change |
|-----------------------|--------|---------------------------|
| <input type="radio"/> | | |
| <input type="radio"/> | | |
| <input type="radio"/> | | |
| <input type="radio"/> | | |

| TUESDAY | Weight | Daily Weight Change |
|-----------------------|--------|---------------------------|
| <input type="radio"/> | | |
| <input type="radio"/> | | |
| <input type="radio"/> | | |
| <input type="radio"/> | | |

| WEDNESDAY | Weight | Daily Weight Change |
|-----------------------|--------|---------------------------|
| <input type="radio"/> | | |
| <input type="radio"/> | | |
| <input type="radio"/> | | |
| <input type="radio"/> | | |

| THURSDAY | Weight | Daily Weight Change |
|-----------------------|--------|---------------------------|
| <input type="radio"/> | | |
| <input type="radio"/> | | |
| <input type="radio"/> | | |
| <input type="radio"/> | | |

| FRIDAY | Weight | Daily Weight Change |
|-----------------------|--------|---------------------------|
| <input type="radio"/> | | |
| <input type="radio"/> | | |
| <input type="radio"/> | | |
| <input type="radio"/> | | |

| SATURDAY | Weight | Daily Weight Change |
|-----------------------|--------|---------------------------|
| <input type="radio"/> | | |
| <input type="radio"/> | | |
| <input type="radio"/> | | |
| <input type="radio"/> | | |

PRIORITIES

| | |
|-----------------------|-------|
| <input type="radio"/> | _____ |
| <input type="radio"/> | _____ |
| <input type="radio"/> | _____ |
| <input type="radio"/> | _____ |
| <input type="radio"/> | _____ |
| <input type="radio"/> | _____ |

REMINDER

NEXT WEEK

Notes

| | | | | | | | | | | | | | | |
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Start of Week Weight: _____

End of Week Weight: _____

Total Weight Change: _____