

5 WEEK WEIGHT LOSS CHALLENGE TRACKER

Mark each day that you complete that weeks challenge with a check mark. If you commit an infraction, make a hashmark for the day and challenge period—add multiple hash marks for multiple infractions. Each week record your results.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CHALLENGE 1:							
INFRACTIONS:							
RESULTS: WEEK 1 WEIGHT: _____ PERCENT LOST: _____ NUMBER OF INFRACTIONS: _____							
CHALLENGE 1:							
CHALLENGE 2:							
INFRACTIONS:							
WEEK 2 WEIGHT: _____ PERCENT LOST: _____ NUMBER OF INFRACTIONS: _____							
CHALLENGE 1:							
CHALLENGE 2:							
CHALLENGE 3:							
INFRACTIONS:							
WEEK 3 WEIGHT: _____ PERCENT LOST: _____ NUMBER OF INFRACTIONS: _____							
CHALLENGE 1:							
CHALLENGE 2:							
CHALLENGE 3:							
CHALLENGE 4:							
INFRACTIONS:							
WEEK 4 WEIGHT: _____ PERCENT LOST: _____ NUMBER OF INFRACTIONS: _____							
CHALLENGE 1:							
CHALLENGE 2:							
CHALLENGE 3:							
CHALLENGE 4:							
CHALLENGE 5:							
INFRACTIONS:							
WEEK 5 WEIGHT: _____ PERCENT LOST: _____ NUMBER OF INFRACTIONS: _____							