

	WK 1	WK 2	WK 3	WK 4	WK 5	WK 6	WK 7	WK 8	WK 9	WK 10	WK 11	WK 12
Date	/	/	/	/	/	/	/	/	/	/	/	/
+3												
+2												
+1												
0												
-1												
-1.5												
-2												
-2.5												
-3												
-3.5												
-4												
-4.5												
-5												
-5.5												
-6												
-6.5												
-7												
-7.5												
-8												
-8.5												
-9												
-9.5												
-10												
-10.5												
-11												
-11.5												
-12												
-12.5												
-13												
-13.5												
-14												
-14.5												
-15												
-15.5												
-16												
-16.5												
-17												
-17.5												
-18												
-18.5												
-19												
-19.5												
-20												

Name: \_\_\_\_\_

## 12-Wk Weight Loss Progress Chart

Beginning Wt. \_\_\_\_\_

End Wt. \_\_\_\_\_

Total Loss \_\_\_\_\_

% Weight Loss \_\_\_\_\_

% Fat Loss \_\_\_\_\_

Remember Our Motto:

**Don't Cheat  
Your Body®**

Website:  
[www.absolutefitinc.com](http://www.absolutefitinc.com)

Before Pics were taken \_\_\_\_\_

After Pics were taken \_\_\_\_\_