Weight Loss Tracker Printable Free: Simple 12-Week Chart

Free printable. Full guide and tips: https://betterlifecarez.com/weight-loss-tracker-printable-free/

Weight Loss Tracker Printable Free: 12-Week Log and Habit Chart

Fill in the starting sheet once. Log your weight and waist each week. Print a fresh habit chart every Monday.

My Starting Point

Measure	Week 1	Week 12
Example: Weight	*186 lb*	*179 lb*
Date		
Weight (lb)		
Waist (inches)		
Average sleep (hours)		
Energy level (1 to 5)		
Active minutes per week		
How clothes fit		

Weekly Weigh-In Log

Weigh once a week: same day, same time, after using the bathroom and before breakfast.

Week	Date	Weight (lb)	Change (lb)	Waist (in)	Win this week
Example	*Mon, 7 AM*	*186.0*	*-0.8*	*38.5*	*Stairs felt easier*
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					

7-Day Habit Tracker

Print one copy per week. Write a number or a check mark.

Day	Water (cups)	Veggies and fruit	Active minutes	Sleep (hours)	Energy (1 to 5)
Example	*7*	*5 servings*	*30*	*7*	*4*
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

How to Use This Tracker

- Weigh in once a week under the same conditions.
- Write the change from last week, not from week one.
- Measure your waist just above your hip bones, after breathing out.
- Fill in the habit chart each evening; it takes about a minute.
- Look at four-week trends before changing anything.
- Note one non-scale win every week.

Expect some ups and downs. One higher number is normal, and it rarely means you gained fat.