

body measurements

A silhouette of a human figure with various measurement points labeled: neck, chest, waist, hips, and legs. There are also fields for 'height' and 'weight'.

monthly weigh in

A grid for tracking weight. The columns are labeled 'weight', 'fat', and 'muscle'. Each cell contains a checkbox.

goals & reflections

A form with sections for 'my goal', 'my progress', and 'my reflection'. It includes a 'start date' and 'end date' field.

monthly check in

A grid for monthly check-ins. The columns are labeled 'day', 'week', and 'month'. Each cell contains a checkbox.

12 week weight log

A grid for a 12-week weight log. The columns are labeled 'date', 'weight', and 'notes'. Each cell contains a checkbox.

pounds lost

A large grid for tracking pounds lost. The columns are labeled 'pounds lost', 'days', and 'weeks'. Each cell contains a checkbox.

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goals

A form with sections for 'my goal', 'my progress', and 'my reflection'. It includes a 'start date' and 'end date' field.

my measurements

A grid for tracking measurements. The columns are labeled 'date', 'weight', and 'measurements'. Each cell contains a checkbox.

monthly measurements

A grid for monthly measurements. The columns are labeled 'date', 'weight', and 'measurements'. Each cell contains a checkbox.

progress photos

A grid for tracking progress photos. The columns are labeled 'date', 'photo', and 'notes'. Each cell contains a checkbox.

before & after

A form with sections for 'before' and 'after'. It includes a 'start date' and 'end date' field.

weekly meal planner

A grid for a weekly meal planner. The columns are labeled 'date', 'meal', and 'notes'. Each cell contains a checkbox.

Weight Loss Planner

Lauren Gardner



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