# MONTHLY LOG SHEET

## WEEK 1

| DAY | WEIGHT | EXERCISE TOTAL | CALORIES |
|---|---|---|---|
| M | | | |
| Tu | | | |
| W | | | |
| Th | | | |
| F | | | |
| Sa | | | |
| Su | | | |

## WEEK 2

| DAY | WEIGHT | EXERCISE TOTAL | CALORIES |
|---|---|---|---|
| M | | | |
| Tu | | | |
| W | | | |
| Th | | | |
| F | | | |
| Sa | | | |
| Su | | | |

## WEEK3

| DAY | WEIGHT | EXERCISE TOTAL | CALORIES |
|---|---|---|---|
| M | | | |
| Tu | | | |
| W | | | |
| Th | | | |
| F | | | |
| Sa | | | |
| Su | | | |

## WEEK 4

| DAY | WEIGHT | EXERCISE TOTAL | CALORIES |
|---|---|---|---|
| M | | | |
| Tu | | | |
| W | | | |
| Th | | | |
| F | | | |
| Sa | | | |
| Su | | | |

## WEEK 5

| DAY | WEIGHT | EXERCISE TOTAL | CALORIES |
|---|---|---|---|
| M | | | |
| Tu | | | |
| W | | | |
| Th | | | |
| F | | | |
| Sa | | | |
| Su | | | |

## WEEK 6

| DAY | WEIGHT | EXERCISE TOTAL | CALORIES |
|---|---|---|---|
| M | | | |
| Tu | | | |
| W | | | |
| Th | | | |
| F | | | |
| Sa | | | |
| Su | | | |

| |
|---|
| **Start Date:** |
| **End Date:** |

| **GIRLS:** | |
|---|---|
| Pounds lost: | |

| **GUYS:** | |
|---|---|
| Start wt: | |
| End wt: | |
| Pounds lost: | |

| **TOTAL EXERCISE:** | |
|---|---|
| Hrs: | |
| Min: | |

| **NOTES:** |
|---|
| |
| |
| |