



# 30 DAY WEIGHT LOSS

ONE DAY AT A TIME

CURRENT WEIGHT: \_\_\_\_\_ TARGET WEIGHT: \_\_\_\_\_

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
DAY 26	DAY 27	DAY 28	DAY 29	★ DAY 30 ★

EAT WELL | PLAY WELL