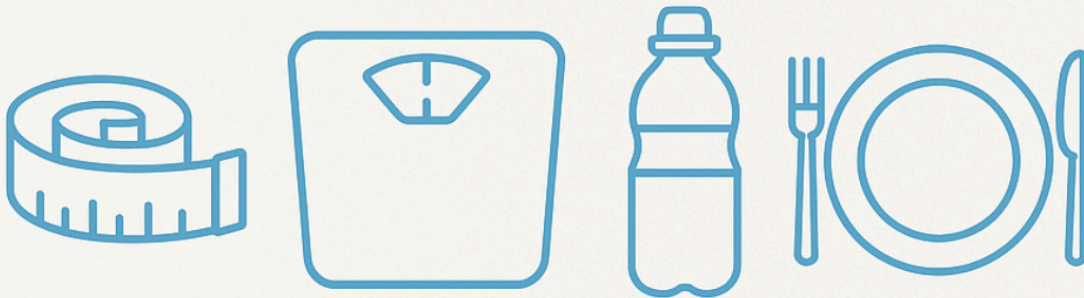# WEIGHT LOSS TRACKER KIT

Katina Foster

Weight Tracker

Month _____

Weight Tracker

Use this tracker to log your weight over time. Aim for consistency by weighing yourself at the same time of day, ideally in the morning before eating.

Date	Weight (lbs)	Change (+/-)	Mood	Notes

Track weekly to see steady progress. Small changes add up!

Body Measurements Tracker

Month _____

Body Measurement Tracker

Use this tracker to monitor your body measurements and weight loss progress. Consistency is key - try to measure at the same time of day, with similar clothing each time.

Date	Neck	Shoulders	Bust/Chest	Waist	Hips	Right Arm	Left Arm	Right Thigh	Left Thigh	Weight	Notes

Measure weekly or bi-weekly for best results.

Daily Meal Tracker

Month _____

Daily Meal Tracker

Use this tracker to log what you eat each day. Recording your meals helps you stay mindful and make intentional choices that align with your goals.

Date	Breakfast	Lunch	Dinner	Snacks	Mood/Energy	Notes

Track your meals to build awareness and consistency in your eating habits.

Water Intake Tracker

Month _____

Water Intake Tracker

Track your daily water intake to stay hydrated and support your wellness goals. Use checkboxes or tallies to mark each glass you drink throughout the day.

Date	Goal (oz)	Morning	Midday	Afternoon	Evening	Total (oz)	Notes

Hydration fuels everything. Track your water daily for better energy and health!