

Success Chart

Starting Statistics						
Starting Weight: Goal Weight: Total Loss:			Starting BMI: Goal BMI: Total:		First Goal Weight: Loss:	
Week	Date	Weight	Loss/Gain	Total Lost	BMI	BMI Loss
Week #1						
Week #2						
Week #3						
Week #4						
Week #5						
Week #6						
Week #7						
Week #8						
Week #9						
Week #10						
Week #11						
Week #12						
Week #13						
Week #14						
Week #15						
Week #16						
Week #17						
Week #18						
Week #19						
Week #20						
Week #21						
Week #22						
Week #23						
Week #24						
Week #25						
Week #26						
Mid-Year Statistics			Mid-Year Weight:		Mid-Year BMI:	