

# WEIGHT LOSS *Challenge*



## OVERVIEW:

*Get your friends together for this weight loss challenge!*

***Download and print this tracker sheet for each participant so everyone can keep track of their progress!***

## WHAT'S INCLUDED:

- **Weight Tracker**  
*A printable to track progress for each week.*

WEIGHT LOSS  
Challenge

STARTING WEIGHT: \_\_\_\_\_

|        | Weight (lbs.) | Weight Loss (lbs.) | Percentage Lost (%) |
|--------|---------------|--------------------|---------------------|
| Week 1 |               |                    |                     |
| Week 2 |               |                    |                     |
| Week 3 |               |                    |                     |
| Week 4 |               |                    |                     |
| Week 5 |               |                    |                     |
| Week 6 |               |                    |                     |
| Week 7 |               |                    |                     |
| Week 8 |               |                    |                     |

startHEALTHY

WEIGHT LOSS  
Challenge

STARTING WEIGHT: \_\_\_\_\_

|        | Weight (lbs.) | Weight Loss (lbs.) | Percentage Lost (%) |
|--------|---------------|--------------------|---------------------|
| Week 1 |               |                    |                     |
| Week 2 |               |                    |                     |
| Week 3 |               |                    |                     |
| Week 4 |               |                    |                     |
| Week 5 |               |                    |                     |
| Week 6 |               |                    |                     |
| Week 7 |               |                    |                     |
| Week 8 |               |                    |                     |

startHEALTHY