

# 10-WEEK WEIGHT LOSS WORKOUT

## WEEK 1

**DATE**

**HEIGHT**

**WEIGHT**

**BMI**

**BMI CATEGORY**

**CALORIE BURN**

**RESTING PULSE**

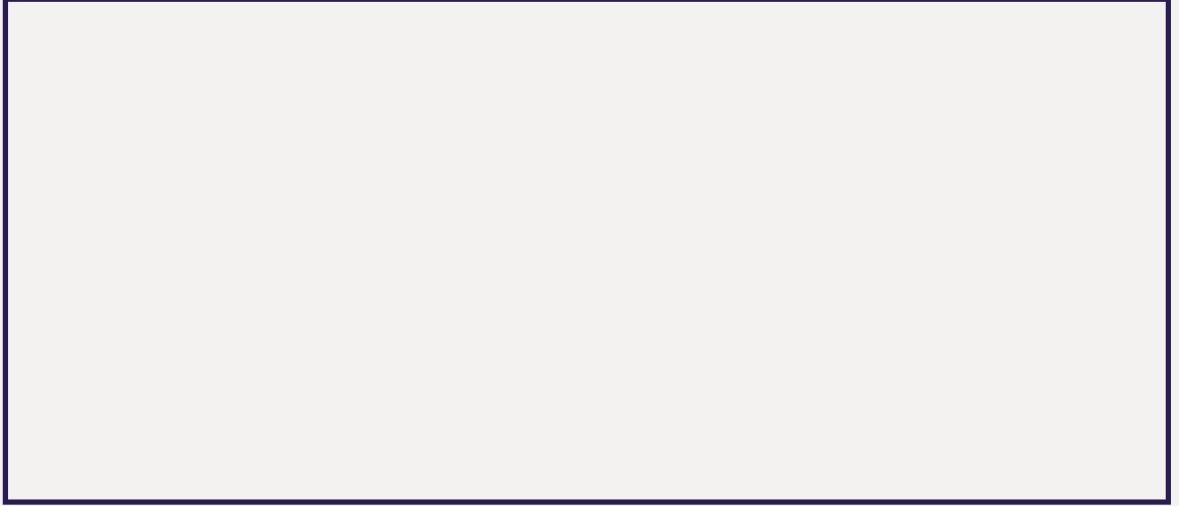
**WAIST IN CM**

**HIPS IN CM**

**WAIST TO HIP RATIO**

# SETTING YOUR GOALS

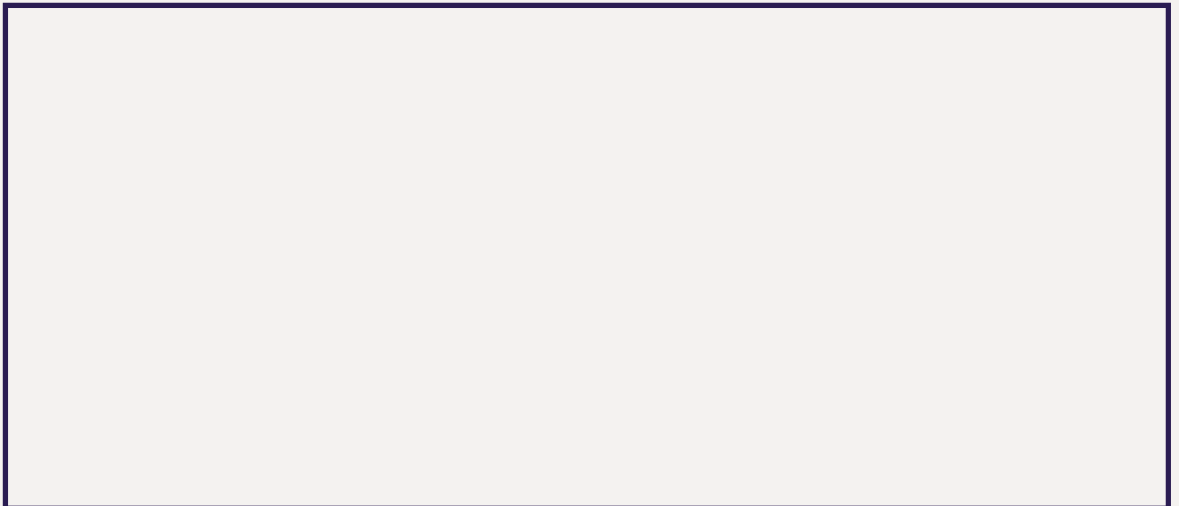
**GOAL 1**



**GOAL 2**



**GOAL 3**



# 10-WEEK WEIGHT LOSS WORKOUT

## WEEK 6

**DATE**

**HEIGHT**

**WEIGHT**

**BMI**

**BMI CATEGORY**

**CALORIE BURN**

**RESTING PULSE**

**WAIST IN CM**

**HIPS IN CM**

**WAIST TO HIP RATIO**