

**Instructions:**

You can get full instructions on how to use the *Weight Loss Tracking Tool* by watching the video on the [download page](#). However, if you just need a quick reminder, these brief directions will help you.

1. Fill in the starting date, your starting weight, and your goal weight (**starting weight - 52**) in the text fields located below the title.
2. Write your starting weight in the first box in the column.
3. Write your weight in every box. Each box should be one pound less than the one before it. *See Figure 1* below for an example.

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Pound by Pound: Weight Loss Tracking Chart		
Starting Date	Starting Weight	Goal Weight
	Write your weight in this box or it in. <b>200</b>	
	<b>199</b>	
	<b>198</b>	
	<b>197</b>	
	<b>196</b>	
Date: _____ Week 6 check-in	<b>195</b>	
	<b>194</b>	
	<b>193</b>	
	<b>192</b>	
	<b>191</b>	
	<b>190</b>	
Date: _____ Week 12 check-in	<b>189</b>	
	<b>188</b>	
	<b>187</b>	

*Figure 1: Weight Loss Tracking Tool Example*

4. Choose one day a week to weigh-in. Then, after weighing yourself, color in a box for every pound you lost. Each box represents one pound lost. So, for example, if you lose three pounds one week, you would color in three boxes.

If you still have any questions, please review the video. Or you can email us at: [support@halfsizeme.com](mailto:support@halfsizeme.com).

Have fun and don't take away from the hard work you've accomplished! If there's a week where you don't lose, or even gain a pound or two (I've done that a lot myself!), **DO NOT** remove any of your progress!

**Remember:** It's about making progress, not being perfect!

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## Pound by Pound: Weight Loss Tracking Chart

Starting Date	Starting Weight	Goal Weight
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Write your starting weight  
in this box and color it in.

Date: \_\_\_\_\_  
Week 6 check-in

Date: \_\_\_\_\_  
Week 12 check-in

Attach to previous sheet here

Date: \_\_\_\_\_  
Week 18 check-in


Date: \_\_\_\_\_  
Week 24 check-in


Date: \_\_\_\_\_  
Week 30 check-in

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Date: \_\_\_\_\_  
Week 48 check-in


Date: \_\_\_\_\_  
Week 52 check-in

**CONGRATULATIONS!**  
**YOU**  
**DID IT!**

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