

# 30-DAY ACCOUNTABILITY with weight

STARTING WEIGHT: .....

STARTING INCHES: .....

DAY 01	DAY 02	DAY 03	DAY 04	DAY 05
DAY 06	DAY 07	DAY 08	DAY 09	DAY 10

LBS.  
LOST:.....  
\_\_\_\_\_

INCHES  
LOST:.....  
\_\_\_\_\_

---

DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20

LBS.  
LOST:.....  
\_\_\_\_\_

INCHES  
LOST:.....  
\_\_\_\_\_

---

DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30

LBS.  
LOST:.....  
\_\_\_\_\_

INCHES  
LOST:.....  
\_\_\_\_\_

TOTAL WEIGHT LOST: .....

TOTAL INCHES LOST: .....