

FIT FAST WEIGH-IN RECORD

**Can be used weekly or daily, but be sure to stick with
a regular weigh-in schedule for the best results.**

Date: _____	Weight: _____	Loss/Gain: _____	Total Loss/Gain _____
Date: _____	Weight: _____	Loss/Gain: _____	Total Loss/Gain _____
Date: _____	Weight: _____	Loss/Gain: _____	Total Loss/Gain _____
Date: _____	Weight: _____	Loss/Gain: _____	Total Loss/Gain _____
Date: _____	Weight: _____	Loss/Gain: _____	Total Loss/Gain _____
Date: _____	Weight: _____	Loss/Gain: _____	Total Loss/Gain _____
Date: _____	Weight: _____	Loss/Gain: _____	Total Loss/Gain _____
Date: _____	Weight: _____	Loss/Gain: _____	Total Loss/Gain _____
Date: _____	Weight: _____	Loss/Gain: _____	Total Loss/Gain _____
Date: _____	Weight: _____	Loss/Gain: _____	Total Loss/Gain _____
Date: _____	Weight: _____	Loss/Gain: _____	Total Loss/Gain _____
Date: _____	Weight: _____	Loss/Gain: _____	Total Loss/Gain _____
Date: _____	Weight: _____	Loss/Gain: _____	Total Loss/Gain _____
Date: _____	Weight: _____	Loss/Gain: _____	Total Loss/Gain _____
Date: _____	Weight: _____	Loss/Gain: _____	Total Loss/Gain _____
Date: _____	Weight: _____	Loss/Gain: _____	Total Loss/Gain _____
Date: _____	Weight: _____	Loss/Gain: _____	Total Loss/Gain _____
Date: _____	Weight: _____	Loss/Gain: _____	Total Loss/Gain _____
Date: _____	Weight: _____	Loss/Gain: _____	Total Loss/Gain _____