



52-Week Weight, Body Fat and BMI Log

Wk #	Day/Date	Wt	BF%	BMI
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				
21				
22				
23				
24				
25				
26				

Wk #	Day/Date	Wt	BF%	BMI
27				
28				
29				
30				
31				
32				
33				
34				
35				
36				
37				
38				
39				
40				
41				
42				
43				
44				
45				
46				
47				
48				
49				
50				
51				
52				



Wk: Week. WT: Weight. BF%: Body Fat Percentage. BMI: Body Mass Index.



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