

Weekly Weight & Habit Journal

Track weight and habits together — patterns reveal what actually works.

Week	Weight (kg)	Sleep (hrs)	Steps / Activity	Notes
Wk 1				
Wk 2				
Wk 3				
Wk 4				
Wk 5				
Wk 6				
Wk 7				
Wk 8				
Wk 9				
Wk 10				
Wk 11				
Wk 12				