JEN TRIED IT PRINTABLE

12-Week Weigh-In Log

One row a week. Watch which way the numbers move, not what one morning says.

Same time
Weigh in at the same time of day every week.

Before anything
Not right after coffee, a drink or a workout.

Body fat is a guide
Your water level shifts it. Read the trend.

Name: _____ Scale: _____ Start date: _____

Week	Date	Time	Weight	Body fat %	Muscle	Coffee, drink or workout first?	Notes
1						☐ yes ☐ no	
2						☐ yes ☐ no	
3						☐ yes ☐ no	
4						☐ yes ☐ no	
5						☐ yes ☐ no	
6						☐ yes ☐ no	
7						☐ yes ☐ no	
8						☐ yes ☐ no	
9						☐ yes ☐ no	
10						☐ yes ☐ no	
11						☐ yes ☐ no	
12						☐ yes ☐ no	

Which way is it moving?

Month 1 weeks 1 to 4
↑ up → steady ↓ down

Month 2 weeks 5 to 8
↑ up → steady ↓ down

Month 3 weeks 9 to 12
↑ up → steady ↓ down

Circle one arrow per month, then jot what changed.