

30-Day Fat Loss Planner Checklist

Tick each box as you complete your daily habits.

[illegible]

Day 22	☐	☐	☐	☐	☐	☐	☐
Day 23	☐	☐	☐	☐	☐	☐	☐
Day 24	☐	☐	☐	☐	☐	☐	☐
Day 25	☐	☐	☐	☐	☐	☐	☐
Day 26	☐	☐	☐	☐	☐	☐	☐
Day 27	☐	☐	☐	☐	☐	☐	☐
Day 28	☐	☐	☐	☐	☐	☐	☐
Day 29	☐	☐	☐	☐	☐	☐	☐
Day 30	☐	☐	☐	☐	☐	☐	☐

Progress

Starting Weight: _____

Week 1: _____

Week 2: _____

Week 3: _____

Week 4: _____

Final Weight: _____