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## Monthly Weight Loss Log Excel Template

### Personal Information

<b>Name :</b>		<b>Consulting Doctor:</b>	
<b>Age:</b>	<b>KG</b>	<b>Height:</b>	<b>Centimeter</b> <b>Gender:</b>

### Weight

<b>Normal Weight</b>	<b>Current Weight</b>	<b>Target Weight</b>	<b>Month</b>
<b>KG</b>	<b>KG</b>	<b>KG</b>	

### Monthly Weight Loss Log

<b>Date</b>	<b>Weight</b>	<b>Exercise</b>			<b>Weekly Measures</b>
		<b>Hours</b>	<b>Type</b>	<b>Calories</b>	
<b>dd/mm/yyyy</b>	<b>KG</b>				
01-03-2018					
02-03-2018					
03-03-2018					
04-03-2018					
05-03-2018					
06-03-2018					
07-03-2018					
08-03-2018					
09-03-2018					
10-03-2018					
11-03-2018					
12-03-2018					
13-03-2018					
14-03-2018					
15-03-2018					
16-03-2018					
17-03-2018					
18-03-2018					
19-03-2018					
20-03-2018					
21-03-2018					
22-03-2018					
23-03-2018					
24-03-2018					
25-03-2018					
26-03-2018					
27-03-2018					
28-03-2018					
29-03-2018					
30-03-2018					
31-03-2018					