



RESHAPE YOUR BODY. REDEFINE YOUR LIFE.

Weight Loss Tracker

Profile & Goals

NAME	START DATE	END DATE / TARGET	
_____	_____	_____	
CURRENT WEIGHT (LBS)	GOAL WEIGHT (LBS)	CURRENT WAIST (IN)	GOAL WAIST (IN)
_____	_____	_____	_____

Measure under the same conditions - morning, empty stomach, same clothing.

Calorie Deficit Setup

MAINTENANCE CALORIES	TARGET CALORIES	DAILY DEFICIT
_____	_____	_____

Not sure of your numbers? Use the [Belly Zero Calorie Calculator](https://bellyzero.com) at bellyzero.com to find your accurate maintenance calories, target intake, and deficit in under 60 seconds.

Track your real fat loss using BellyZero tools.

4-Week Progress Tracker

WEEK	WEIGHT (LBS)	WAIST (IN)	CHANGE	NOTES / OBSERVATIONS
1				
2				
3				
4				

500 kcal
DEFICIT/DAY = 1 LB/WEEK

10,000
STEPS BURNS ~350 KCAL

7-8 hrs
SLEEP REDUCES CRAVINGS



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Habit & Activity

WK	WORKOUT	STEPS	SUGAR	SLEEP
1				
2				
3				
4				

Consistency beats perfection.
Use ✓ / ✘ / R (Rest) for workout

Workout vs Result

WK	WORKOUT CONSISTENCY	WEIGHT CHANGE
1		
2		
3		
4		

INSIGHT
Track the correlation between your workout consistency and weekly results to identify your key patterns.

Body Measurements

METRIC	START	WEEK 2	CURRENT
Weight (lbs)			
Waist (in)			
Hips (in)			
Chest (in)			

Waist reduction matters more than scale weight.

What's Happening

- Fat Loss (caloric deficit)
- Body Recomposition
- Muscle Loss Risk
- Plateau (adaptation)

Reality Check

- Ate more than I tracked
- Moved less than required
- Poor sleep this week
- High stress impacting results

WAIST GOAL (MEN)

Target below **94 cm / 37 in**
High risk above 102 cm / 40 in

WAIST GOAL (WOMEN)

Target below **80 cm / 31.5 in**
High risk above 88 cm / 34.5 in

Why waist beats weight: Visceral fat (around organs) is measured by waist, not scale. Reducing waist circumference even without weight loss significantly lowers health risk. Track both — but celebrate waist wins most.



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Why Am I Stuck?

- Not tracking consistently
- Weekend overeating
- Liquid calories (coffee, juice, alcohol)
- Not being patient enough
- Overestimating calorie burn
- Stress or hormonal changes

Mindset

WHY I WANT TO LOSE BELLY FAT

MY CONFIDENCE GOAL

Earn Your Reward

7 Days Consistent

Foundation built → _____

14 Days Progress

Momentum achieved → _____

21 Days Discipline

Habit forming → _____

30 Days Completion

System installed → _____

Reward consistency, not perfection. Avoid food rewards.

🏆 Weekly Win

One thing I did well this week:

— NEXT STEPS

Adjustment Plan

WHAT I WILL CHANGE NEXT WEEK

BELLY ZERO

- [Calorie Deficit Calculator](#)
- [Belly Fat Risk Analyzer](#)
- [BMI Calculator](#)
- [Body Fat Percentage Calculator](#)

bellyzero.com - Calculate your personalised results.

BELLYZERO HEALTH TOOLS

This tracker is for informational and motivational purposes only. It does not replace professional medical, dietary, or fitness advice. Consult a qualified healthcare provider before making changes to your diet or exercise routine.

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