Weight Loss
TRACKER

Start Date:
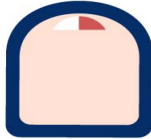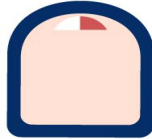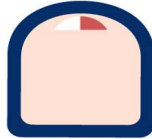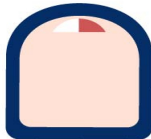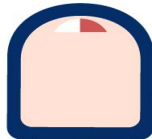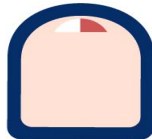
Goal Date:
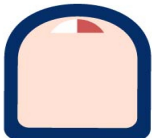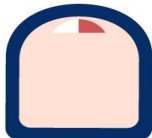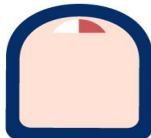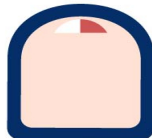
Starting Weight:
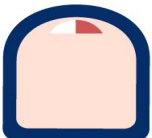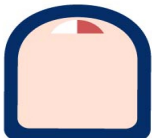
Goal Weight:

Date: _____   Date: _____   Date: _____   Date: _____   Date: _____   Date: _____   Date: _____

Date: _____   Date: _____   Date: _____   Date: _____   Date: _____   Date: _____   Date: _____

Date: _____   Date: _____   Date: _____   Date: _____   Date: _____   Date: _____   Date: _____

Date: _____   Date: _____   Date: _____   Date: _____   Date: _____   Date: _____   Date: _____

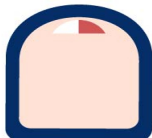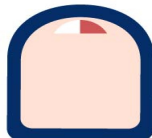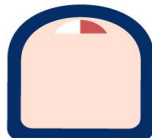Date: _____   Date: _____   Date: _____   Date: _____   Date: _____   Date: _____   Date: _____