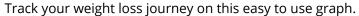
WEIGHT LOSS TRACKING CHART







WEIGHT LOSS TRACKING CHART



Track your weight loss journey on this easy to use graph.

| IN2 | | | 1 | | | 1 | | | | ı | | | | · | | | C+==+1:=== \\/=:= =+: |
|------|-------|-------|-------|------|------|-------|------|------|-------|-------|-------|-------|----------|-------|-------|-------|-----------------------|
| 0 | | | | | | | | | | | | | | | | | Starting Weight: |
| 12 | | | | | | | | | | | | | | | | | Starting Date: |
| 10 | | | | | | | | | | | | | | | | | |
| 8 | | | | | | | | | | | | | | | | | |
| 6 | | | | | | | | | | | | | | | | | |
| 4 | | | | | | | | | | | | | | | | | |
| 2 | | | | | | | | | | | | | | | | | |
| 0 | | | | | | | | | | | | | | | | | |
| 12 | | | | | | | | | | | | | | | | | |
| 10 | | | | | | | | | | | | | | | | | |
| 8 | | | | | | | | | | | | | | | | | |
| 6 | | | | | | | | | | | | | | | | | |
| 4 | | | | | | | | | | | | | | | | | |
| 2 | | | | | | | | | | | | | | | | | |
| 0 | | | | | | | | | | | | | | | | | |
| 12 | | | | | | | | | | | | | | | | | |
| 10 | | | | | | | | | | | | | | | | | Finished Weight: |
| 8 | | | | | | | | | | | | | | | | | Finishing Date: |
| 6 | | | | | | | | | | | | | | | | | |
| 4 | | | | | | | | | | | | | | | | | |
| 2 | | | | | | | | | | | | | | | | | |
| 0 | | | | | | | | | | | | | | | | | |
| 12 | | | | | | | | | | | | | | | | | TOTAL LOSS: |
| ۸ | | | | | | | | | | | _ | 01 | <u> </u> | = | 10 | .0 | |
| TART | sek 1 | sek 2 | sek 3 | ek 4 | ek 5 | sek 6 | ek 7 | ek 8 | sek 9 | ek 10 | ek 11 | ek 12 | ek 13 | ek 14 | ek 15 | ek 16 | |

