

# WEIGH-IN CALENDAR

down.town.n.tumblr.com

Choose 2-3 days a week to weigh-in, **cross out the other days with a big fat X!** Keep track of your progress!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date: Weight:	Date: Weight:	Date: Weight:	Date: Weight:	Date: Weight:	Date: Weight:	Date: Weight:
Date: Weight:	Date: Weight:	Date: Weight:	Date: Weight:	Date: Weight:	Date: Weight:	Date: Weight:
Date: Weight:	Date: Weight:	Date: Weight:	Date: Weight:	Date: Weight:	Date: Weight:	Date: Weight:
Date: Weight:	Date: Weight:	Date: Weight:	Date: Weight:	Date: Weight:	Date: Weight:	Date: Weight:
Date: Weight:	Date: Weight:	Date: Weight:	<b>THIS MONTH'S LOSS TOTAL:</b> .....			