

WEIGHT LOSS Challenge

NAME _____

STARTING WEIGHT _____ GOAL WEIGHT _____

MILESTONE 1 _____ MILESTONE 3 _____

MILESTONE 2 _____ MILESTONE 4 _____

PROGRESS TRACKER	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
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1lb

2lb

3lb

4lb

5lb

6lb

7lb

8lb

9lb

10lb

11lb

12lb

13lb

1 stone

15lb

16 lb

17lb

18lb

19lb

20lb

21lb

22lb

23lb

24lb

25lb

26lb

27lb

2 stone

29lb

30lb

31lb

32lb

33lb

34lb

35lb

36lb

37lb

38lb

39lb

40lb

41lb

3 stone