

Weekly Weight Tracker

GOAL:

WK	WEIGHT	CHANGE	WK	WEIGHT	CHANGE
1			21		
2			22		
3 4			23		
5			24		
6			25		
7			26		
8 9			27		
10			28		
11			29		
12			30		
13			31		
14			32		
15			33		
16			34		
17			35		
18			36		
19			37		
20			38		
			39		
			40		