

Weight Loss Tracker

Rewards

5 LBS	
10 LBS	
15 LBS	
20 LBS	
25 LBS	
30 LBS	
35 LBS	
40 LBS	
45 LBS	
50 LBS	

Pounds Gone

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30
31	32	33	34	35
36	37	38	39	40
41	42	43	44	45
46	47	48	49	50