Weight Loss Tracker

Beginning Weight: _____ Target or Desired Weight :_____ Date: _____

Weight	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
400																				
395																				
390																				
385																				
380																				
375																				
370																				
365																				
360																				
355																				
350																				
345																				
340																				
335																				
330																				
325																				
320																				
315																				
310																				
305																				
300																				

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Weight Loss Tracker

Beginning Weight: _____ Target or Desired Weight :_____ Date: _____

Weight	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
300																				
295																				
290																				
285																				
280																				
275																				
270																				
265																				
260																				
255																				
250																				
245																				
240																				
235																				
230																				
225																				
220																				
215																				
210																				
205																				
200																				

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Weight Loss Tracker

Beginning Weight: _____ Target or Desired Weight :_____ Date: _____

Weight	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
200																				
195																				
190																				
185																				
180																				
175																				
170																				
165																				
160																				
155																				
150																				
145																				
140																				
135																				
130																				
125																				
120																				
115																				
110																				
105																				
100																				

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