

# HEALTHY WEIGHT TRACKER

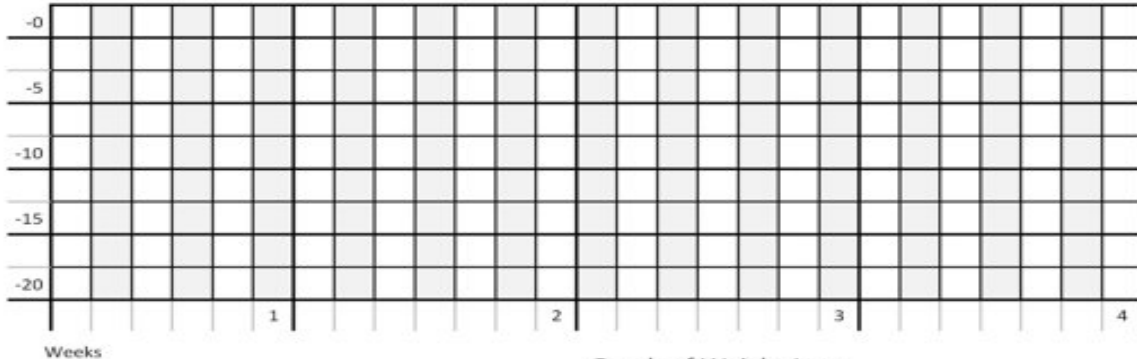
START WEIGHT:

START DATE:

GOAL WEIGHT:

GOAL DATE:

lbs Lost



Weeks

Graph of Weight Loss

Date	Weight

Reward Schedule

Pounds Lost	Reward

DIRTY  
LAUNDRY