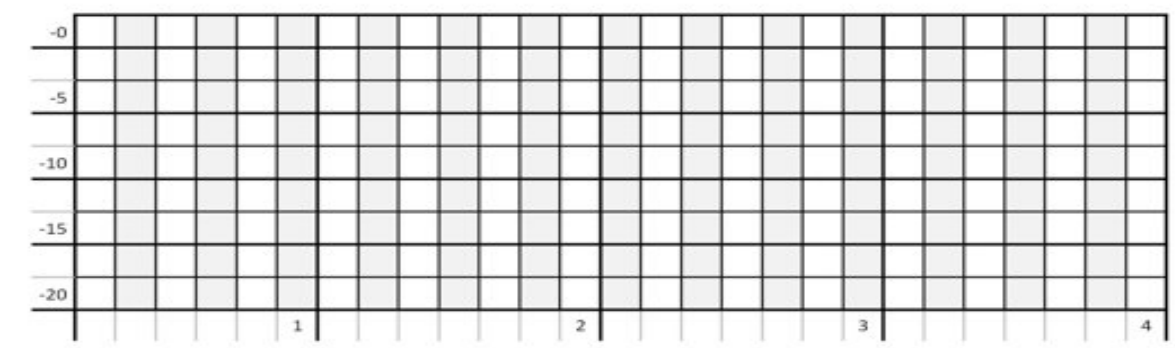
Healthy Weight Tracker

START WEIGHT: START DATE:

GOAL WEIGHT: GOAL DATE:



Graph of Weight Loss

Date	Weight

Reward Schedule

Pounds Lost	Reward

DIRTY LAUNDRY