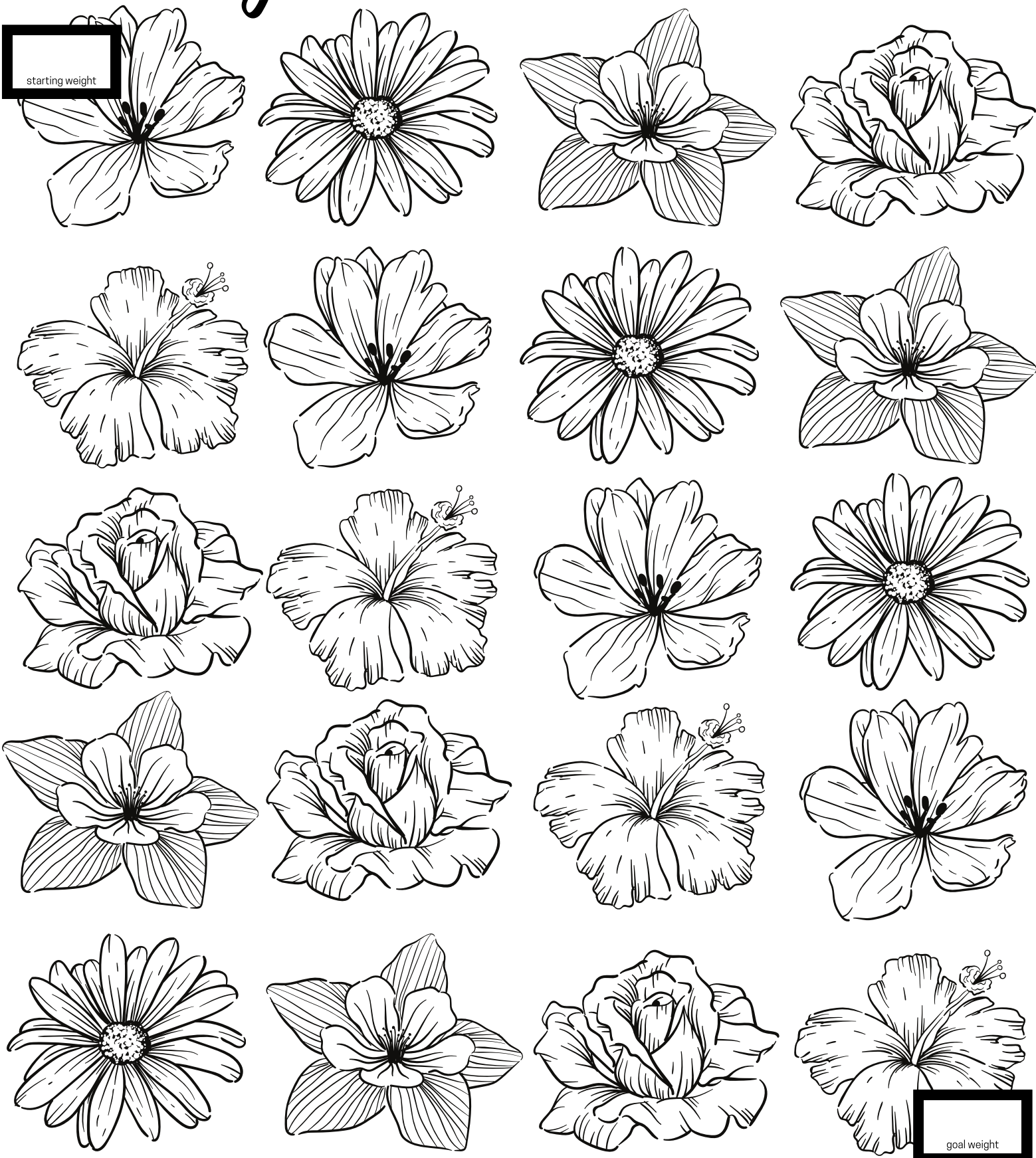


# Weight Loss Tracker

starting weight



goal weight

1 flower = pounds

*Weight Loss Tracker*

*Celebrations*

# THIS WEEK'S WORKOUTS:

*to do*



*done*

<i>to do</i>	<i>done</i>

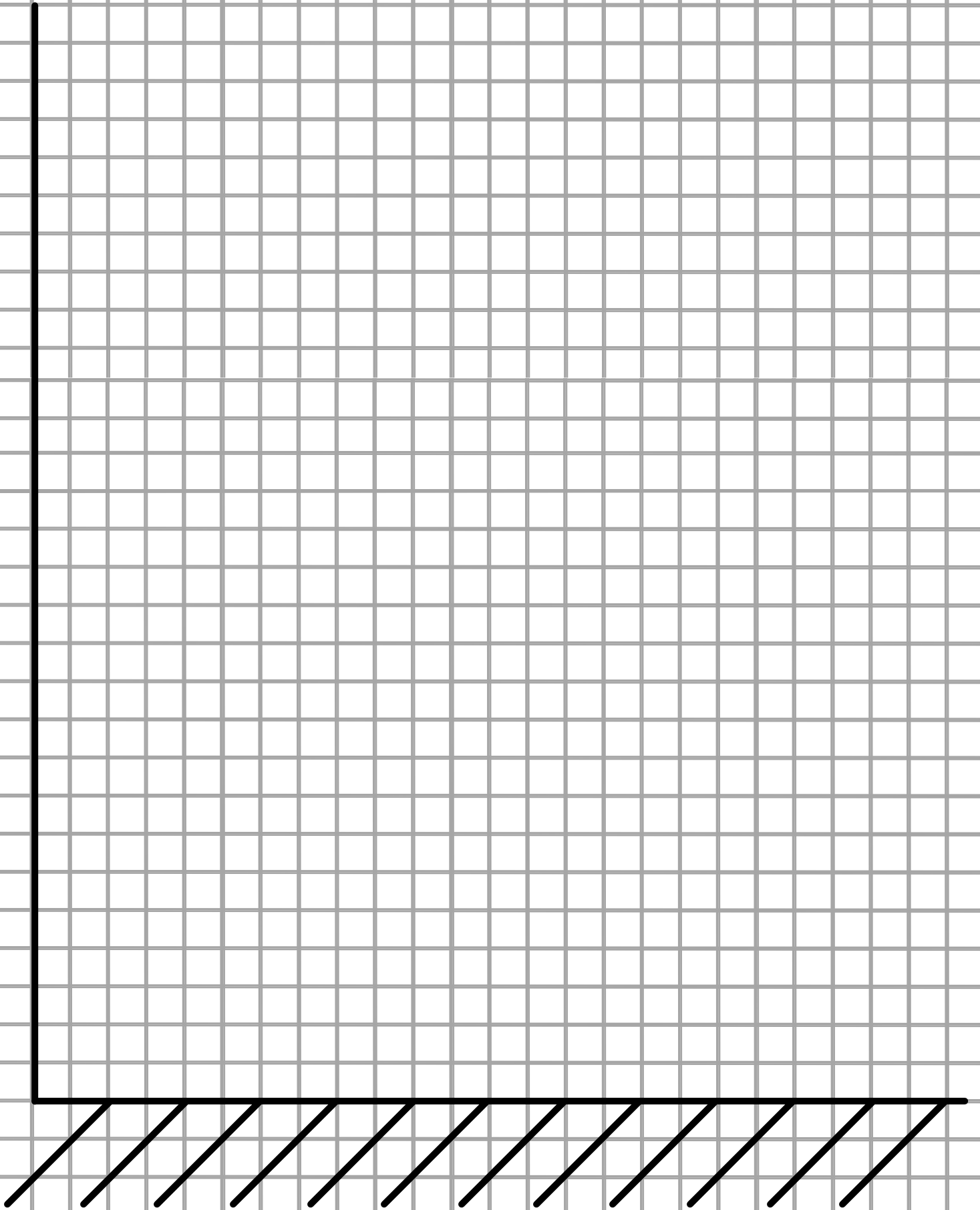
*This week's workouts:*

---

*to do*



*done*



# Weight Tracker

January  
February  
March  
April  
May  
June  
July  
August  
September  
October  
November  
December

# Measurements

date: \_\_\_\_\_

date: \_\_\_\_\_

