



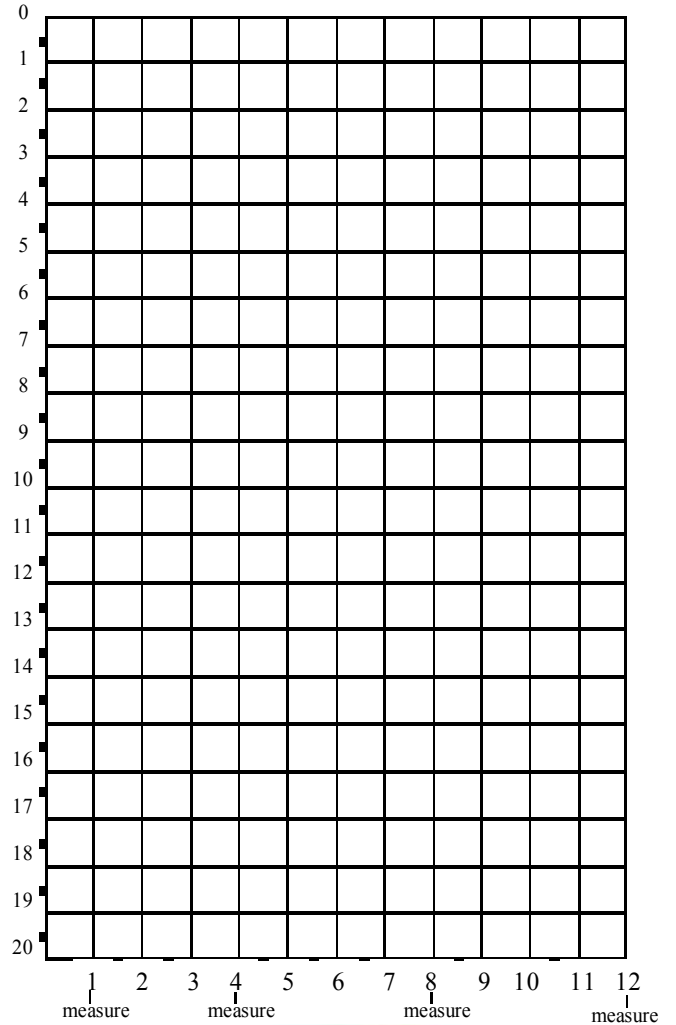
## Weight Loss Tracking Chart

<b>Starting Weight:</b>	<b>10% Target:</b>	<b>Ultimate Goal:</b>
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### Weight Chart

Week	Weight	Loss/Gain From Previous Week	Total Loss/Gain
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			

### Weight-loss Graph



Month	1	2	3	4
Rt Upper Arm				
Waist				
Hips				
Right Thigh				

