WEIGHT LOSS TRACKER

| Ct cutting | 01 | | | | |
|--------------------|----------------|-------|------|--------|--------------------|
| Starting Weight | Goal Weight | | Date | Weight | Pounds Lost/Gained |
| weight | weight | - 1 | | | |
| | | | | | |
| | | | | | |
| | | | | | |
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| | | | | | |
| VISUAL PROGRESS | | | | | |
| | | 40004 | | | |
| lbs. lost | | 100% | | | |
| lbs. lost | | 90% | | | |
| | | | | | |
| lbs. lost | | 80% | | | |
| | | | | | |
| lbs. lost | | 70% | | | |
| U.s. Jack | | 2084 | | | |
| lbs. lost | | 60% | | | |
| lbs. lost | | 50% | | | |
| | | | | | |
| lbs. lost | | 40% | | | |
| | | | | | |
| lbs. lost | | 30% | | | |
| 11 - 1 - 1 | | 0.084 | | | |
| lbs. lost | | 20% | | | |
| lbs. lost | | 10% | | | |
| | | | | | |
| lbs. lost | | 0% | | | |