

Weight Loss Tracker

| Starting Date | Starting Weight | Goal Weight | Goal Statement |
|---------------|-----------------|-------------|----------------|
| | | | |

| DAY | Today's Weight | Distance From Goal | NOTES |
|-----|----------------|--------------------|-------|
| 1 | | | |
| 2 | | | |
| 3 | | | |
| 4 | | | |
| 5 | | | |
| 6 | | | |
| 7 | | | |
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| 9 | | | |
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| 21 | | | |
| 22 | | | |
| 23 | | | |
| 24 | | | |
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| 28 | | | |
| 29 | | | |
| 30 | | | |
| 31 | | | |