



# Annual Weight Tracker

Weight as of \_\_\_/\_\_\_:\_\_\_\_\_ Goal Weight:\_\_\_\_\_ (by \_\_\_/\_\_\_)

Date	Weight	Loss/Gain	Date	Weight	Loss/Gain
___/___			___/___		
___/___			___/___		
___/___			___/___		
___/___			___/___		
___/___			___/___		
___/___			___/___		
___/___			___/___		
___/___			___/___		
___/___			___/___		
___/___			___/___		
___/___			___/___		
___/___			___/___		
___/___			___/___		
___/___			___/___		
___/___			___/___		

Goal Weight by Dec 31<sup>st</sup> Next Year: \_\_\_\_\_

Weight at 31<sup>st</sup> Dec: \_\_\_\_\_

Notes