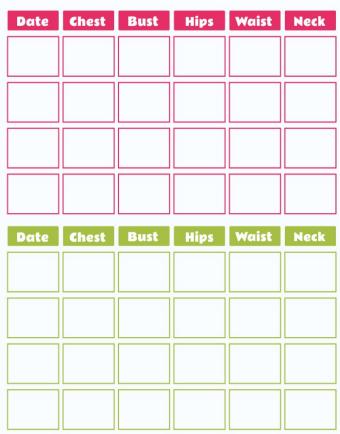
Weight Loss Chart And Journal For Weight Loss

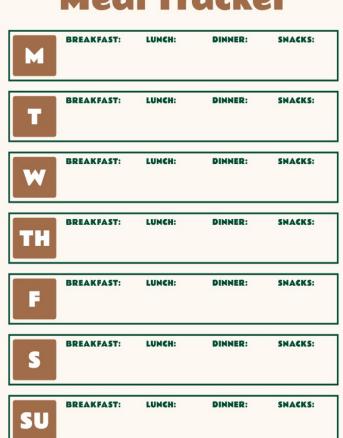




Weekly Reflection

Recent Victories:	Notes on Sleep:
Recent victories:	Notes on Sieep.
	M
struggles:	T
	W
	T
Reminders:	F
Progress photos Take Vitamins	S
Get Sleep Set Goals	SU

Meal Tracker



Goals

Long Term Goals:		
Short Term Goals:	Short Term Goals:	
Challenge:	Reward:	
Completed:		