Weight Loss Chart

Name: KATHERINE TYLER

Date	Starting Weight	Current Weight	Target Weight
01/01/2023	180 lbs	175 lbs	160 lbs
01/08/2023	175 lbs	172 lbs	160 lbs
01/15/2023	172 lbs	169 lbs	160 lbs
01/22/2023	169 lbs	165 lbs	160 lbs
01/29/2023	165 lbs	164 lbs	160 lbs
02/05/2023	164 lbs	162 lbs	160 lbs
02/12/2023	162 lbs	161 lbs	160 lbs
02/19/2023	160 lbs	160 lbs	160 lbs
02/26/2023	160 lbs	159 lbs	160 lbs
03/05/2023	159 lbs	158 lbs	160 lbs