Weight Loss Chart

Name Ayla Thompson			Starting Weight 171 lbs
06/01/2023	0	171 lbs	Starting weight.
06/03/2023	-1	170 lbs	Good push! Gotta keep it up.
06/05/2023	-0.5	169.5 lbs	Good progress
06/07/2023	-0.5	168.5 lbs	Pretty consistent
06/09/2023	-0.5	168 lbs	Consistent loss.
06/11/2023	+1	169 lbs	Backslide. Had fun on the weekend.

Additional Notes:

Overall, lost 2 lbs in a week. Noted difficulty in maintaining diet discipline during weekends. Need to focus on more consistent habits. Still, this is a safe, steady pace. Keel it up!