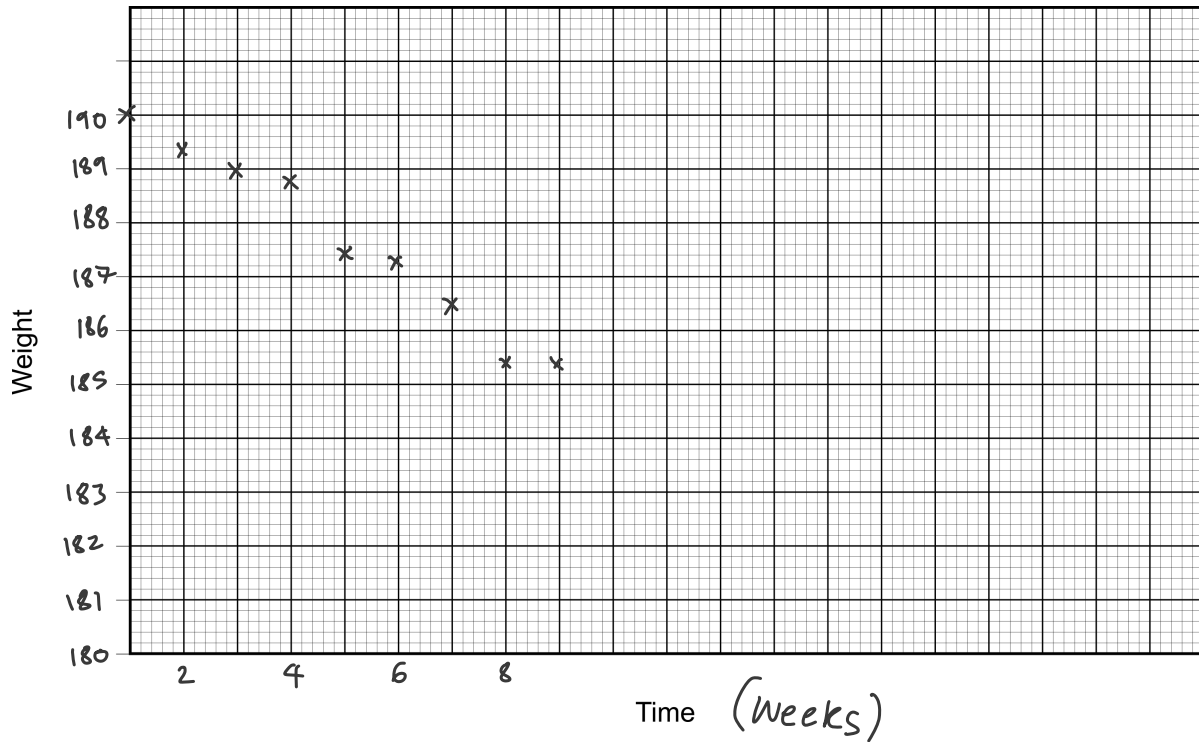


Weight Loss Tracking Chart

Name: Lucy Green

Start Date:



Date	Weight lbs	Notes
8/4	190.0	
8/11	189.4	
8/18	189.0	
8/25	188.4	
9/1	187.4	
9/8	187.2	Missed exercise classes last week
9/15	186.5	
9/22	185.4	
9/29	185.4	Lots of social events made it hard to stay on track this week.