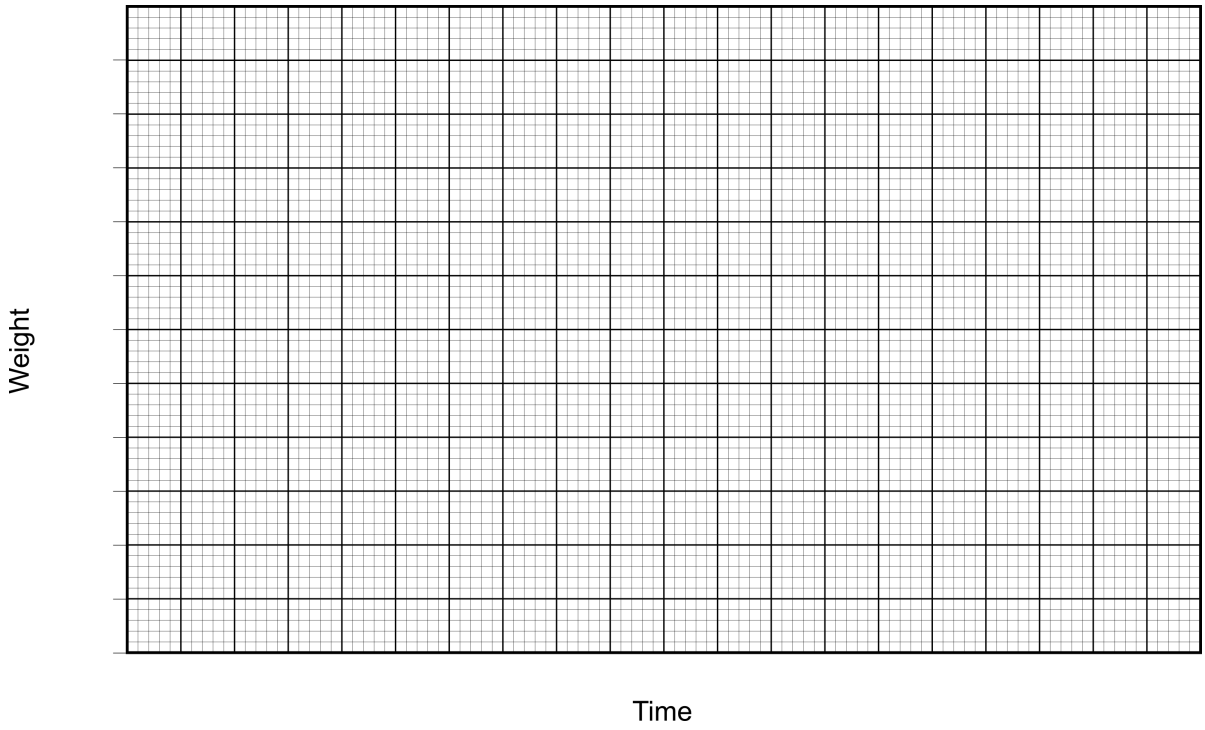
Weight Loss Tracking Chart

Name: Start Date:



Date	Weight	Notes