## WEIGHT LOSS TRACKER

Starting Weight	Goal Weight	Date	Weight	Pounds Lost/Gained
30 S. g., p	30 Sign 2			
VISUAL PROGRESS				
lbs. lost	100%			
lbs. lost	90%			
155. 1666	50,0			
lbs. lost	80%			
lbs. lost	70%			
lbs. lost	60%			
150. 1000	30%			
lbs. lost	50%			
lbs. lost	40%			
lbs. lost	30%			
lbs. lost	20%			
lbs. lost	10%			
lbs. lost	0%			