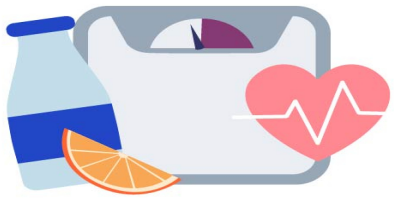
Weight-Loss TRACKER



Date	Weight	Loss	Gain	Note