

52 Week Weight Loss Tracker

START DATE	END DATE	STARTING WEIGHT	GOAL WEIGHT	AMOUNT TO LOSE	AVERAGE GOAL WEEKLY LOSS

WEEK	DATE	WEIGHT	CHANGE
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
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20			
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24			
25			
26			

WEEK	DATE	WEIGHT	CHANGE
27			
28			
29			
30			
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32			
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