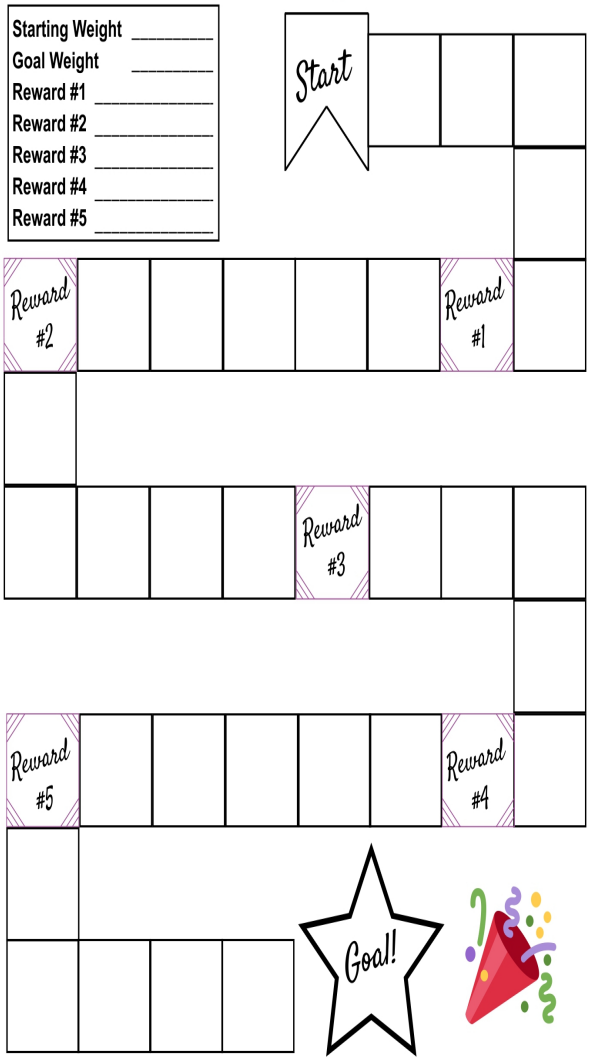
Weight Loss Tracker

Starting Weight _____
Goal Weight _____
Reward #1 _____
Reward #2 _____
Reward #3 _____
Reward #4 _____
Reward #5 _____



Weekly Weigh-Ins

Date	Weight	+/-	Date	Weight	+/-