

Your Weight-Loss Graph

Weight Loss Vs. Weeks On Program

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
+4																				
+2																				
0																				
-2	x																			
-4		x																		
-6			x																	
-8				x				x												
-10					x	x	x		x				x	x	x					
-12										x		x				x				
-14											x						x			
-16																		x		
-18																			x	
-20																				x
-22																				
-24																				
-26																				
-28																				
-30																				
-32																				
-34																				
-36																				