

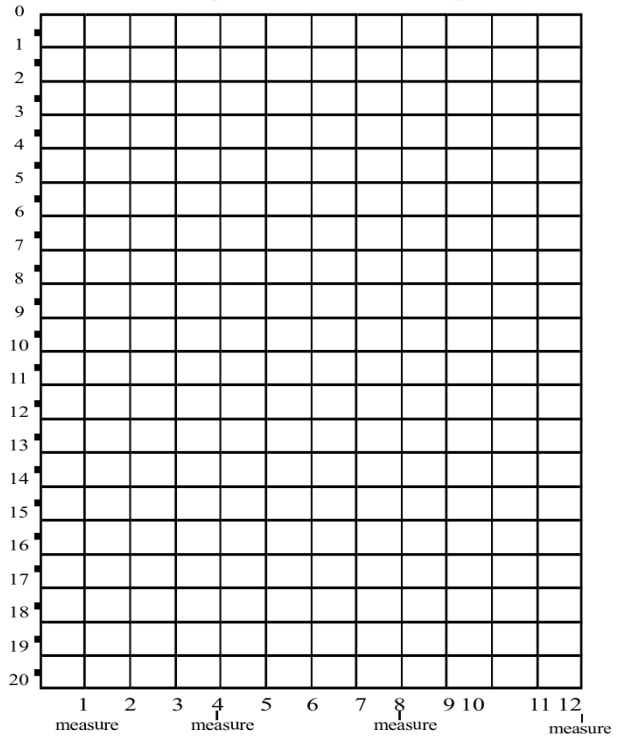
Weight Loss Tracking Chart

| | | |
|-------------------------|--------------------|-----------------------|
| Starting Weight: | 10% Target: | Ultimate Goal: |
|-------------------------|--------------------|-----------------------|

Weight Chart

| Week | Weight | Loss/Gain From Previous Week | Total Loss/Gain |
|------|--------|------------------------------------|--------------------|
| 1 | | | |
| 2 | | | |
| 3 | | | |
| 4 | | | |
| 5 | | | |
| 6 | | | |
| 7 | | | |
| 8 | | | |
| 9 | | | |
| 10 | | | |
| 11 | | | |
| 12 | | | |
| 13 | | | |
| 14 | | | |
| 15 | | | |
| 16 | | | |

Weight-loss Graph



| Month | 1 | 2 | 3 | 4 |
|--------------|---|---|---|---|
| Rt Upper Arm | | | | |
| Waist | | | | |
| Hips | | | | |
| Right Thigh | | | | |