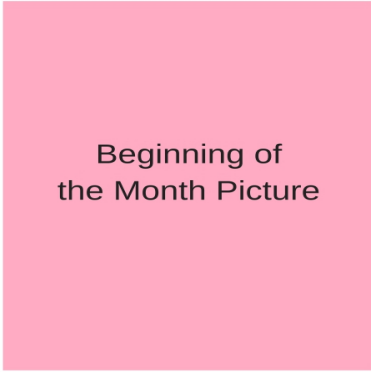


Monthly Weight Tracker



Beginning of
the Month Picture

Beginning of the month weight _____

Monthly Goals

Measurements

	Beginning Of Month	End Of Month	Total Lost
Neck	_____	_____	_____
Shoulders	_____	_____	_____
Chest	_____	_____	_____
Right Arm	_____	_____	_____
Left Arm	_____	_____	_____
Belly	_____	_____	_____
Lower Abdomen	_____	_____	_____
Butt	_____	_____	_____
Right Thigh	_____	_____	_____
Left Thigh	_____	_____	_____
Right Calf	_____	_____	_____
Left Calf	_____	_____	_____

Monthly Accomplishments
