Annual Weight Tracker

Weight as of __/__:_____   Goal Weight:_____(by__/__)

Date	Weight	Loss/Gain	Date	Weight	Loss/Gain
__/__			__/__		
__/__			__/__		
__/__			__/__		
__/__			__/__		
__/__			__/__		
__/__			__/__		
__/__			__/__		
__/__			__/__		
__/__			__/__		
__/__			__/__		
__/__			__/__		

Goal Weight by Dec 31st Next Year: Weight at 31st Dec:

Notes