

	A	B	C	D	E	F	G	H	I	J
1		Quik-Ex Tracking								
2		Personalized Weight Chart								
3										
4		Your Height (inches):			66					
5		Your Weight Goal (pounds):			150					
6		Your BMI Goal:			24					
7										
8		Note: Weigh-in is done every AM, between 6:00am and 8:00am, utilizing a digital scale.								
9										
10		1st Quarter - 2008								
11		01/01/08	0.0		02/01/08			03/01/08		
12		01/02/08			02/02/08			03/02/08		
13		01/03/08			02/03/08			03/03/08		
14		01/04/08			02/04/08			03/04/08		
15		01/05/08			02/05/08			03/05/08		
16		01/06/08			02/06/08			03/06/08		
17		01/07/08			02/07/08			03/07/08		
18		01/08/08			02/08/08			03/08/08		
19		01/09/08			02/09/08			03/09/08		
20		01/10/08			02/10/08			03/10/08		
21		01/11/08			02/11/08			03/11/08		
22		01/12/08			02/12/08			03/12/08		
23		01/13/08			02/13/08			03/13/08		
24		01/14/08			02/14/08			03/14/08		
25		01/15/08			02/15/08			03/15/08		
26		01/16/08			02/16/08			03/16/08		
27		01/17/08			02/17/08			03/17/08		
28		01/18/08			02/18/08			03/18/08		
29		01/19/08			02/19/08			03/19/08		
30		01/20/08			02/20/08			03/20/08		
31		01/21/08			02/21/08			03/21/08		
32		01/22/08			02/22/08			03/22/08		
33		01/23/08			02/23/08			03/23/08		
34		01/24/08			02/24/08			03/24/08		
35		01/25/08			02/25/08			03/25/08		
36		01/26/08			02/26/08			03/26/08		
37		01/27/08			02/27/08			03/27/08		
38		01/28/08			02/28/08			03/28/08		
39		01/29/08			02/29/08			03/29/08		
40		01/30/08						03/30/08		
41		01/31/08						03/31/08		
42		Monthly Average	0.0 lb				0.0 lb			0.0 lb