Annual Weight Tracker

Weight as of ___/___: _________ Goal Weight: _________ (by ___/___)

Date	Weight	Loss/Gain	Date	Weight	Loss/Gain
___/___			___/___		
___/___			___/___		
___/___			___/___		
___/___			___/___		
___/___			___/___		
___/___			___/___		
___/___			___/___		
___/___			___/___		
___/___			___/___		
___/___			___/___		
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___/___			___/___		
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___/___			___/___		
___/___			___/___		
___/___			___/___		
___/___			___/___		
___/___			___/___		
___/___			___/___		

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

Notes

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