

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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___/___/___			___/___/___		
___/___/___			___/___/___		
___/___/___			___/___/___		
___/___/___			___/___/___		
___/___/___			___/___/___		
Weight at 31 st Dec: _____			Goal Weight by Dec 31 st Next Year: _____		

Notes