



*Annual Weight Tracker*

Weight as of \_\_\_/\_\_\_/\_\_\_ : \_\_\_\_\_ Goal Weight: \_\_\_\_\_ (by \_\_\_/\_\_\_)

Date	Weight	Loss/Gain	Date	Weight	Loss/Gain
___/___/___			___/___/___		
___/___/___			___/___/___		
___/___/___			___/___/___		
___/___/___			___/___/___		
___/___/___			___/___/___		
___/___/___			___/___/___		
___/___/___			___/___/___		
___/___/___			___/___/___		
___/___/___			___/___/___		
___/___/___			___/___/___		
___/___/___			___/___/___		
___/___/___			___/___/___		
___/___/___			___/___/___		
___/___/___			___/___/___		
___/___/___			___/___/___		
___/___/___			___/___/___		
___/___/___			___/___/___		
___/___/___			___/___/___		
___/___/___			___/___/___		
___/___/___			___/___/___		
___/___/___			___/___/___		
___/___/___			___/___/___		
___/___/___			___/___/___		
Weight at 31 <sup>st</sup> Dec: _____			Goal Weight by Dec 31 <sup>st</sup> Next Year: _____		

**Notes**