# WEIGHT LOSS TRACKER
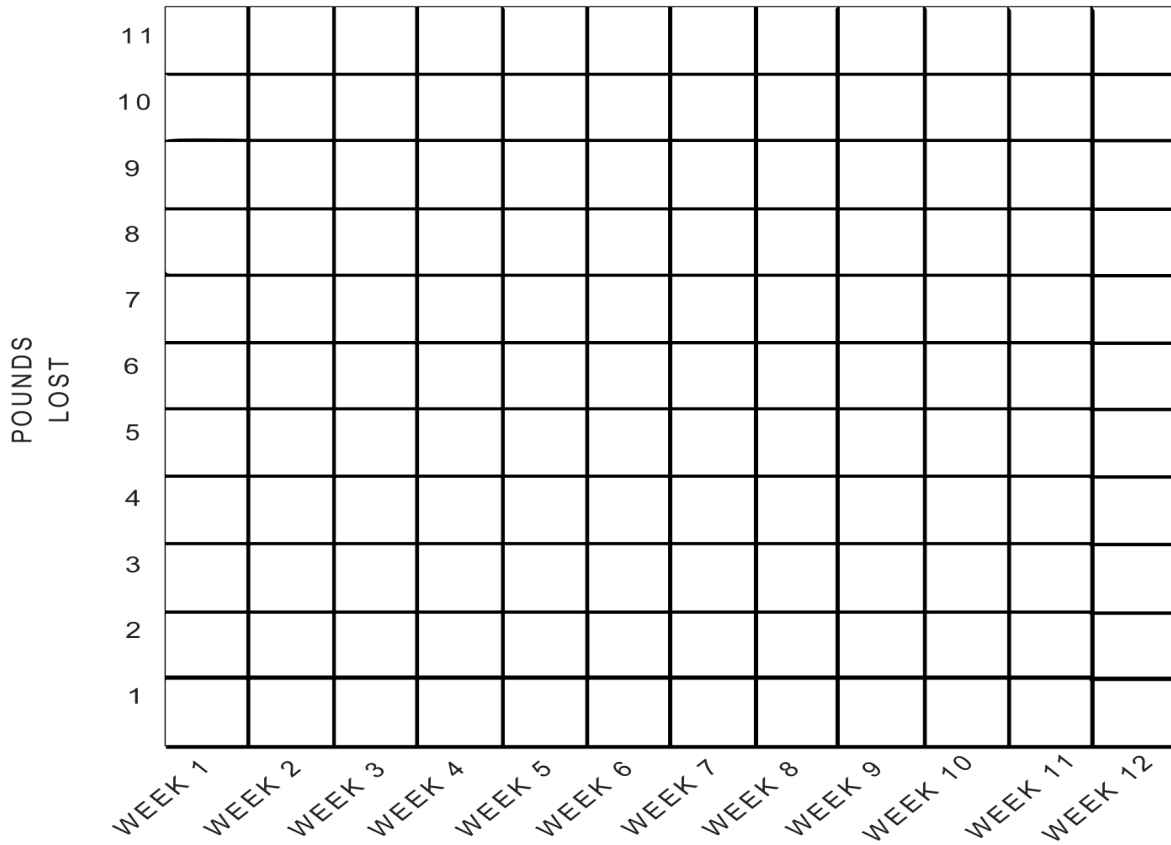
| POUNDS LOST | WEEK 1 | WEEK 2 | WEEK 3 | WEEK 4 | WEEK 5 | WEEK 6 | WEEK 7 | WEEK 8 | WEEK 9 | WEEK 10 | WEEK 11 | WEEK 12 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 11 | | | | | | | | | | | | |
| 10 | | | | | | | | | | | | |
| 9 | | | | | | | | | | | | |
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| 5 | | | | | | | | | | | | |
| 4 | | | | | | | | | | | | |
| 3 | | | | | | | | | | | | |
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| 1 | | | | | | | | | | | | |

NOTES: