# Annual Weight Tracker

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

| Date | Weight | Loss/Gain | Date | Weight | Loss/Gain |
|---|---|---|---|---|---|
| ___/___ | _________ | _________ | ___/___ | _________ | _________ |
| ___/___ | _________ | _________ | ___/___ | _________ | _________ |
| ___/___ | _________ | _________ | ___/___ | _________ | _________ |
| ___/___ | _________ | _________ | ___/___ | _________ | _________ |
| ___/___ | _________ | _________ | ___/___ | _________ | _________ |
| ___/___ | _________ | _________ | ___/___ | _________ | _________ |
| ___/___ | _________ | _________ | ___/___ | _________ | _________ |
| ___/___ | _________ | _________ | ___/___ | _________ | _________ |
| ___/___ | _________ | _________ | ___/___ | _________ | _________ |
| ___/___ | _________ | _________ | ___/___ | _________ | _________ |
| ___/___ | _________ | _________ | ___/___ | _________ | _________ |
| ___/___ | _________ | _________ | ___/___ | _________ | _________ |
| ___/___ | _________ | _________ | ___/___ | _________ | _________ |
| ___/___ | _________ | _________ | ___/___ | _________ | _________ |
| ___/___ | _________ | _________ | ___/___ | _________ | _________ |
| ___/___ | _________ | _________ | ___/___ | _________ | _________ |
| ___/___ | _________ | _________ | ___/___ | _________ | _________ |
| ___/___ | _________ | _________ | ___/___ | _________ | _________ |
| ___/___ | _________ | _________ | ___/___ | _________ | _________ |
| ___/___ | _________ | _________ | ___/___ | _________ | _________ |
| ___/___ | _________ | _________ | ___/___ | _________ | _________ |
| ___/___ | _________ | _________ | ___/___ | _________ | _________ |
| Weight at 31st Dec: | | | Goal Weight by Dec 31st Next Year: | | |

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Notes

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