

# Weight Loss Challenge

 <b>Start Date</b>	<b>End Date</b>	 <b>Starting Weight</b>	<b>Goal Weight</b>

<b>Weight:</b>	<b>Weight:</b>	<b>Weight:</b>	<b>Weight:</b>	<b>Weight:</b>	<b>Weight:</b>
Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____

<b>Weight:</b>	<b>Weight:</b>	<b>Weight:</b>	<b>Weight:</b>	<b>Weight:</b>	<b>Weight:</b>
Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____

<b>Weight:</b>	<b>Weight:</b>	<b>Weight:</b>	<b>Weight:</b>	<b>Weight:</b>	<b>Weight:</b>
Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____

<b>Weight:</b>	<b>Weight:</b>	<b>Weight:</b>	<b>Weight:</b>	<b>Weight:</b>	<b>Weight:</b>
Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____

<b>Weight:</b>	<b>Weight:</b>	<b>Weight:</b>	<b>Weight:</b>	<b>Weight:</b>	<b>Weight:</b>
Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____

<b>Weight:</b>	<b>Weight:</b>	<b>Weight:</b>	<b>Weight:</b>	<b>Weight:</b>	<b>Weight:</b>
Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____