WEIGHT LOSS TRACKER

Starting Weight:			Goal Weight:		
Date	Weight	Pounds Lost/Gained	VISUAL PROGRESS		
					100%
				s. lost	90%
				s. lost	80%
			edi	s. lost	70%
			edi	s. lost	60%
				s. lost	50%
			lbs	s. lost	40%
			lbs	s. lost	30%
				s. lost	20%
				s. lost	10%
					0%