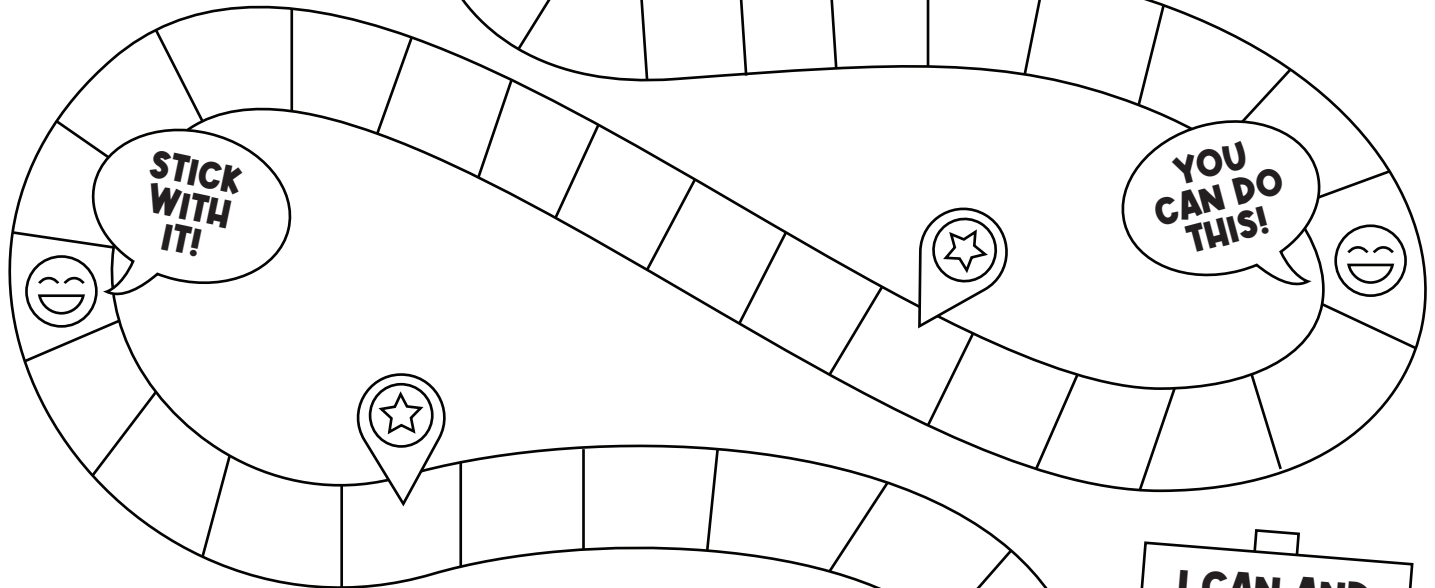
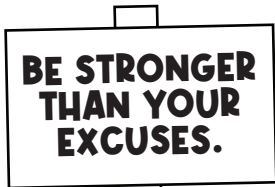


MY WEIGHT LOSS JOURNEY

Starting Weight: _____ Goal Weight: _____

Each colored square = _____ lb(s).



= **REWARD MARKER!**

Reward yourself when you reach these squares!