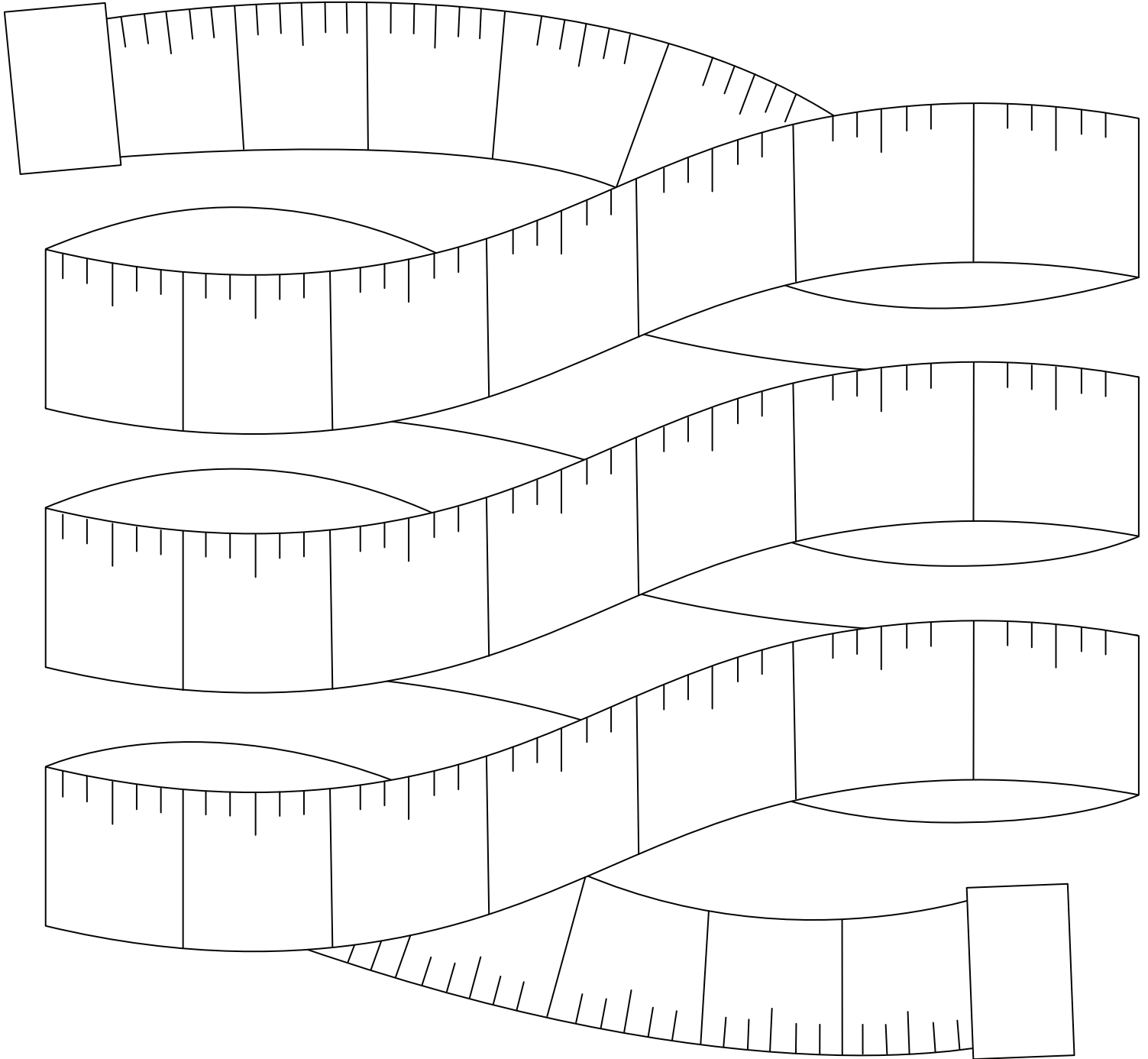


WEIGHT LOSS TRACKER

Starting Weight: _____ Goal Weight: _____ Each colored square = _____ lb(s)



MILESTONES & REWARDS
