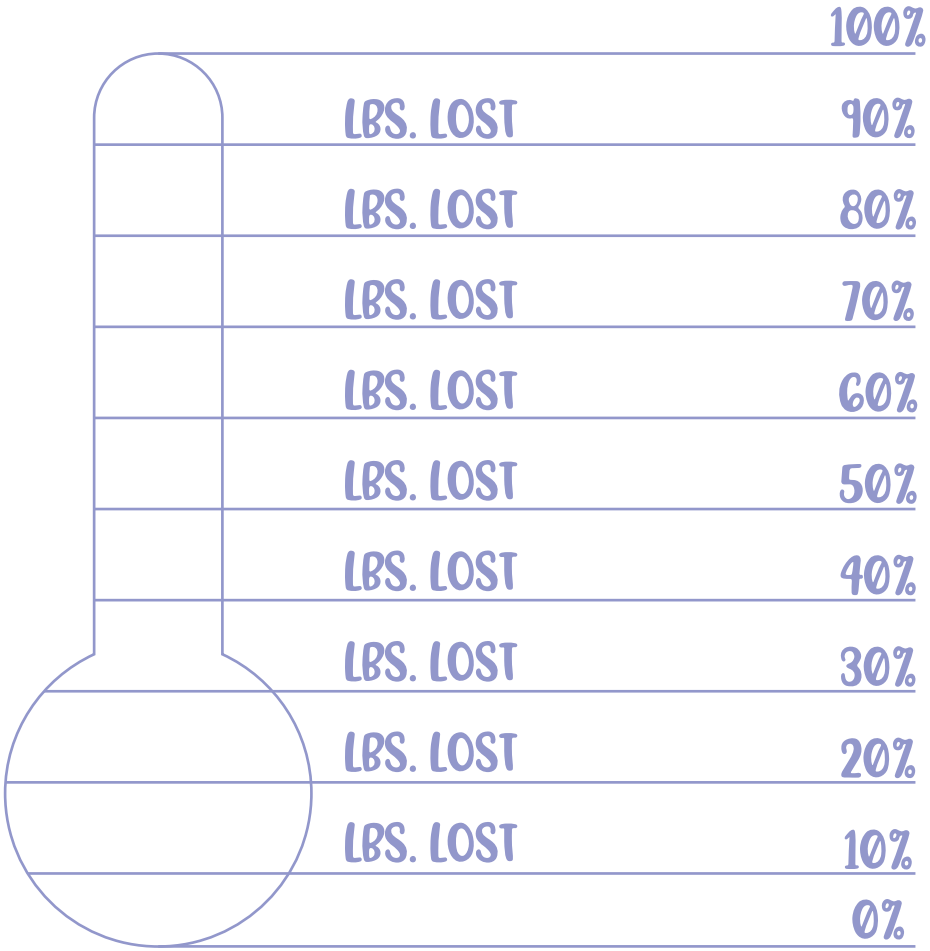
WEIGHT LOSS TRACKER

STARTING WEIGHT: _____ GOAL WEIGHT: _____

DATE	WEIGHT	POUNDS LOST/GAINED

VISUAL PROGRESS



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