



WEEK

chart

WEIGHT LOSS

Instructions: List your starting weight. Each week, weigh yourself at the same time of day. Calculate your weight lost for the week, and total lost from the starting weight.

WEEKLY TOTAL

WEEK

WEIGHT

LOSS

LOSS

starting:			
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			

**always consult your doctor before taking on any weight loss program*

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Lingsheng Yao



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