

MONTHLY WEIGHT LOSS *Tracker*

Year: _____

STARTING WEIGHT: _____

GOAL WEIGHT: _____

JANUARY	FEBRUARY	MARCH	APRIL
Goal Weight:	Goal Weight:	Goal Weight:	Goal Weight:
Actual Weight:	Actual Weight:	Actual Weight:	Actual Weight:

MAY	JUNE	JULY	AUGUST
Goal Weight:	Goal Weight:	Goal Weight:	Goal Weight:
Actual Weight:	Actual Weight:	Actual Weight:	Actual Weight:

SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
Goal Weight:	Goal Weight:	Goal Weight:	Goal Weight:
Actual Weight:	Actual Weight:	Actual Weight:	Actual Weight:

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