

WEEKLY WEIGHT TRACKER					
Beginning Weight:			Enter your current weight in blue area to begin.		
Week	Weight	Change	Week	Weight	Change
1	0		27		
2			28		
3			29		
4			30		
5			31		
6			32		
7			33		
8			34		
9			35		
10			36		
11			37		
12			38		
13			39		
14			40		
15			41		
16			42		
17			43		
18			44		
19			45		
20			46		
21			47		
22			48		
23			49		
24			50		
25			51		
26			52		
Half Year Weight Loss/Gain Total:		0	Yearly Weight Loss/Gain Total:		0