



WEIGHT TRACKER

	MON #	WED #	FRI #	Average Weight Change +/-
Week 1				
Week 2				
Week 3				
Week 4				
<i>Time To Reassess Your Goals?</i>	<i>Lower or Raise Your Calories by 5% if needed.</i>			
Week 5				
Week 6				
Week 7				
Week 8				
<i>Time To Reassess Your Goals?</i>	<i>Lower or Raise Your Calories by 5% if needed.</i>			
Week 9				
Week 10				
Week 11				
Week 12				
<i>Time To Reassess Your Goals?</i>	<i>Lower or Raise Your Calories by 5% if needed.</i>			
Week 13				
Week 14				
Week 15				
Week 16				
<i>Time To Reassess Your Goals?</i>	<i>Lower or Raise Your Calories by 5% if needed.</i>			
Week 17				
Week 18				
Week 19				
Week 20				
<i>Time To Reassess Your Goals?</i>	<i>Lower or Raise Your Calories by 5% if needed.</i>			
Week 21				
Week 22				
Week 23				
Week 24				
<i>Time To Reassess Your Goals?</i>	<i>Lower or Raise Your Calories by 5% if needed.</i>			
Week 25				
Week 26				
Week 27				
Week 28				
<i>Have You Reached Your Goal?</i>	<i>It May Be Time For A Diet Break!</i>			

When You Feel Like Giving Up, Remember Why You Started.

