

WEIGHT TRACKER

DATE	WEIGHT	+/-	MILESTONE 1
			GOAL
			DATED REACHED
			MILESTONE 2
			GOAL
			DATED REACHED
			MILESTONE 3
			GOAL
			DATED REACHED
			MILESTONE 4
			GOAL
			DATED REACHED
			MILESTONE 5
			GOAL
			DATED REACHED
			MILESTONE 6
			GOAL
			DATED REACHED
			MULECTONE 7
			MILESTONE 7 GOAL
			DATED REACHED
			DATED REACHED
			MILESTONE 8
			GOAL
			DATED REACHED