

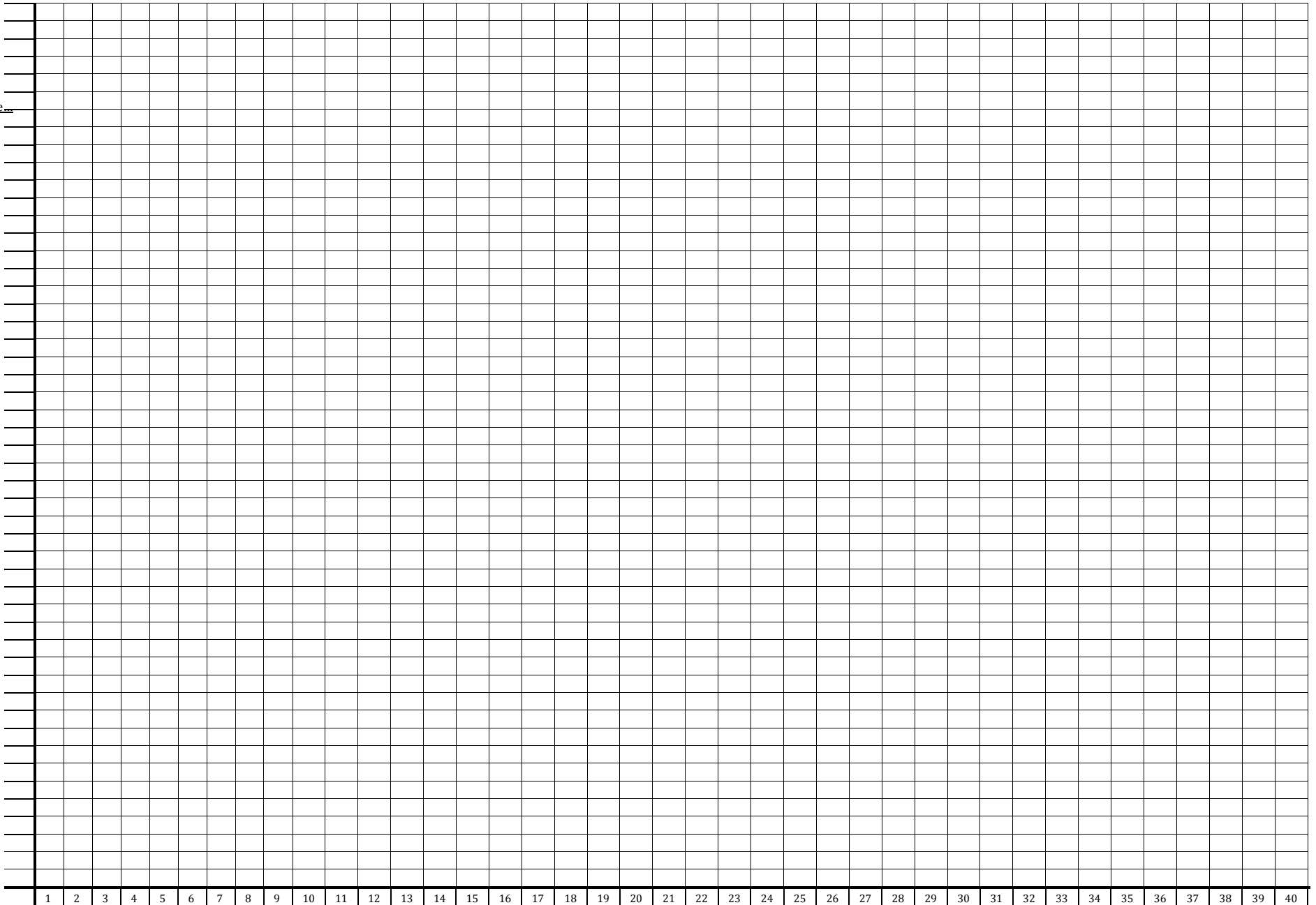
How Am I Doing? – Weekly Weight Record

Starting Weight: _____ 10% Weight Loss Goal: _____

Weight
(1 lb per
square)



Start here—



Weeks →
(1 week per square)