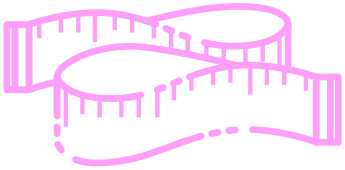
Weight Tracker



STARTING WEIGHT:

GOAL WEIGHT:

DATE	WEIGHT	LOSS	GAIN	NOTES