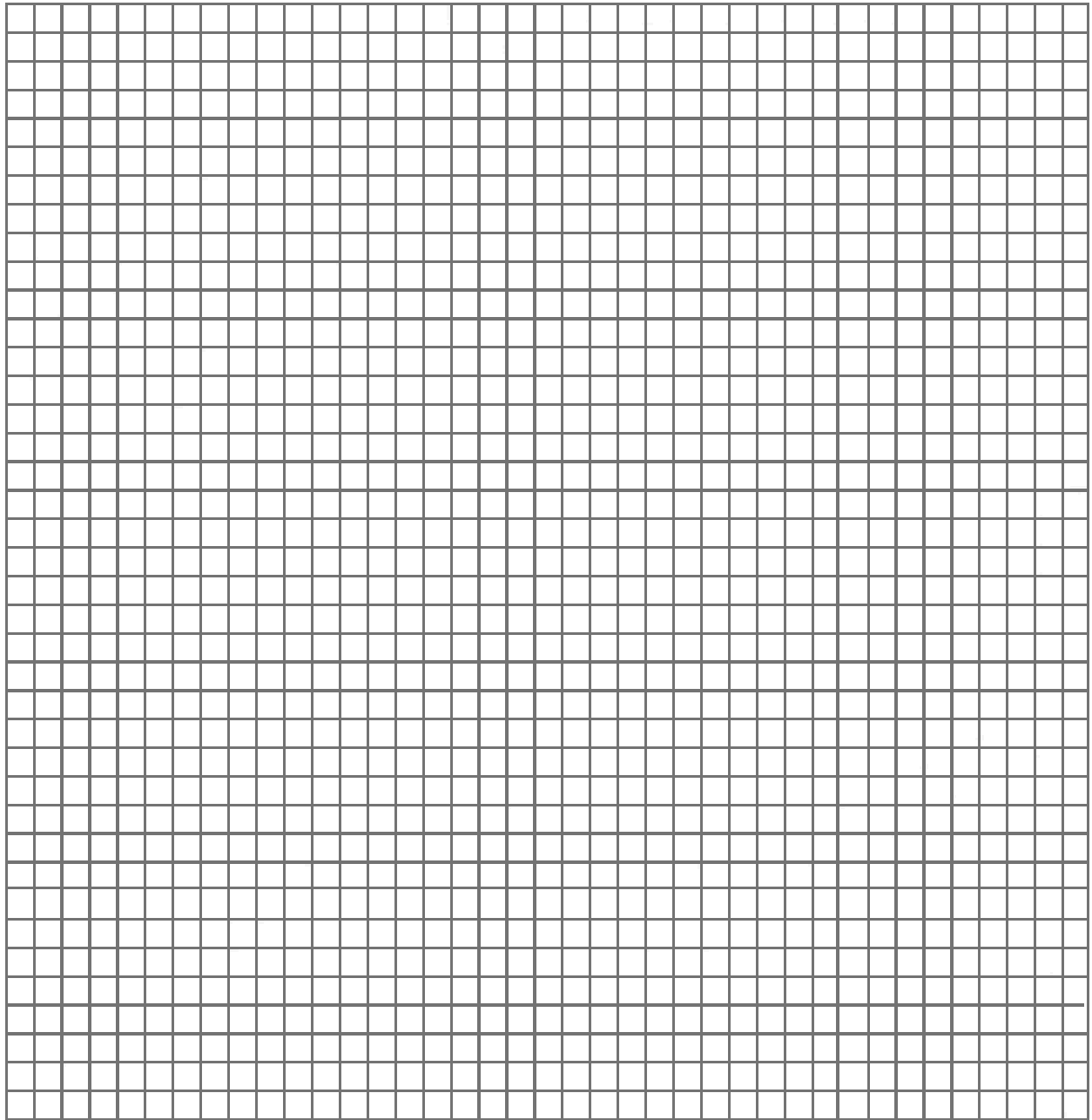




Weight Loss Graph for _____

Starting Weight: _____ **Starting Date:** _____ **Goal Weight:** _____

Directions: Each box represents ½ pound of weight. Mark your starting weight at the top line. Weigh yourself each day at the same time. Mark the chart accordingly and watch your line fall!



1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35