WEIGHT TRACKER

GOALS & MILESTONES

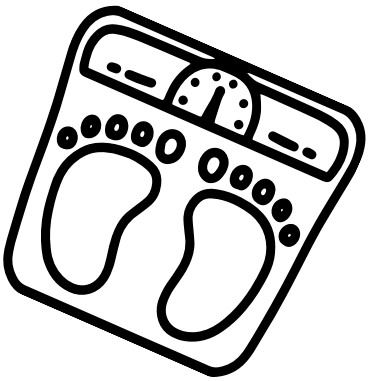
SHORT-TERM GOAL:

LONG-TERM GOAL:

CELEBRATION POINTS:

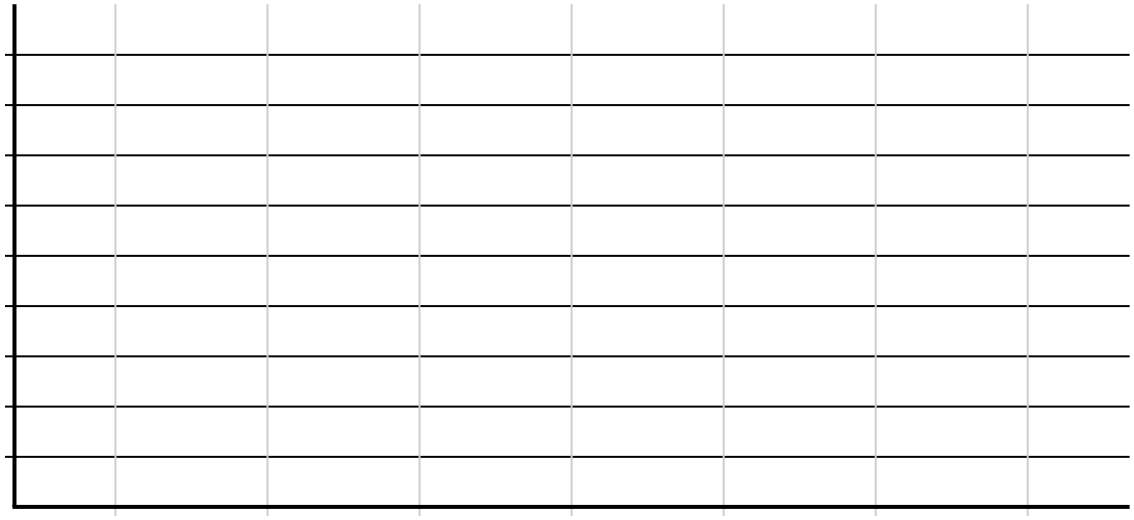
LOSE ____ LBS → REWARD:

LOSE ____ LBS → REWARD:



DATE	WEIGHT	DIFFERENCE	NOTES

(WEIGHT)



(DATE)