## Weight Loss Tracker

Use this tracker to record the results of your weight loss program.

		Weeks											
Weight change in pounds		1	2	3	4	5	6	7	8	9	10	11	12
	+5												
	0												
	-5												
	-10												
	-15												
	-20												
	-25												
	Date						) ( 1'	1E					