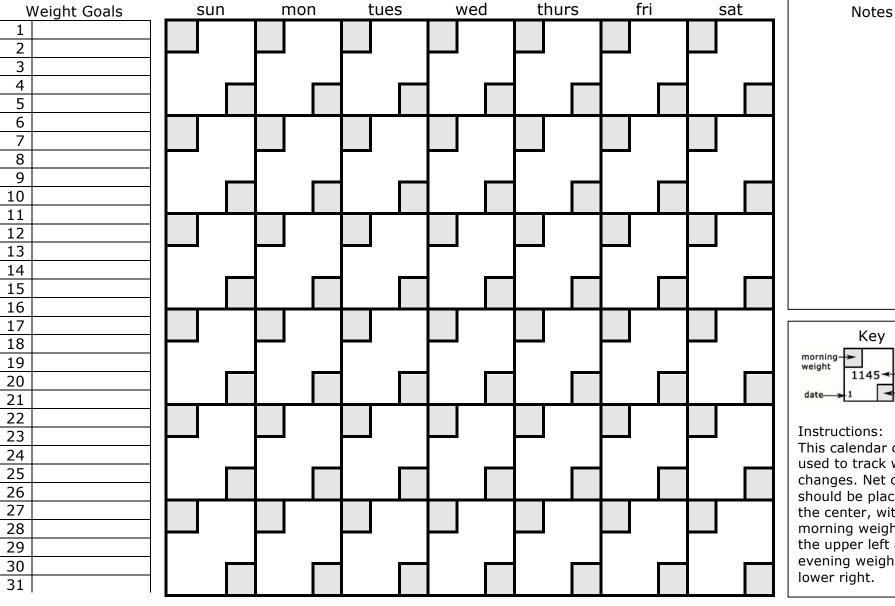
Month of _____



This calendar can be used to track weight changes. Net calories should be placed in the center, with the morning weight in the upper left and the evening weight in the