

## Monthly Two Person Weight Loss Tracker

	Mon		Tue		Wed		Thu		Fri		Sat		Sun	
	A	B	A	B	A	B	A	B	A	B	A	B	A	B
Weight														
Diet														
Exercise														

  

	Mon		Tue		Wed		Thu		Fri		Sat		Sun	
	A	B	A	B	A	B	A	B	A	B	A	B	A	B
Weight														
Diet														
Exercise														

  

	Mon		Tue		Wed		Thu		Fri		Sat		Sun	
	A	B	A	B	A	B	A	B	A	B	A	B	A	B
Weight														
Diet														
Exercise														

  

	Mon		Tue		Wed		Thu		Fri		Sat		Sun	
	A	B	A	B	A	B	A	B	A	B	A	B	A	B
Weight														
Diet														
Exercise														

  

	Mon		Tue		Wed		Thu		Fri		Sat		Sun	
	A	B	A	B	A	B	A	B	A	B	A	B	A	B
Weight														
Diet														
Exercise														