



Weekly Weight Tracker

Week	Date	Current Weight	Progress Notes	😊	☹️
1				X	X
2				X	X
3				X	X
4				X	X
5				X	X
6				X	X
7				X	X
8				X	X
9				X	X
10				X	X
11				X	X
12				X	X
13				X	X
14				X	X

Carry this with you throughout your day or post it on your refrigerator!

The more you Eat... the more you Shrink!