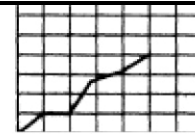


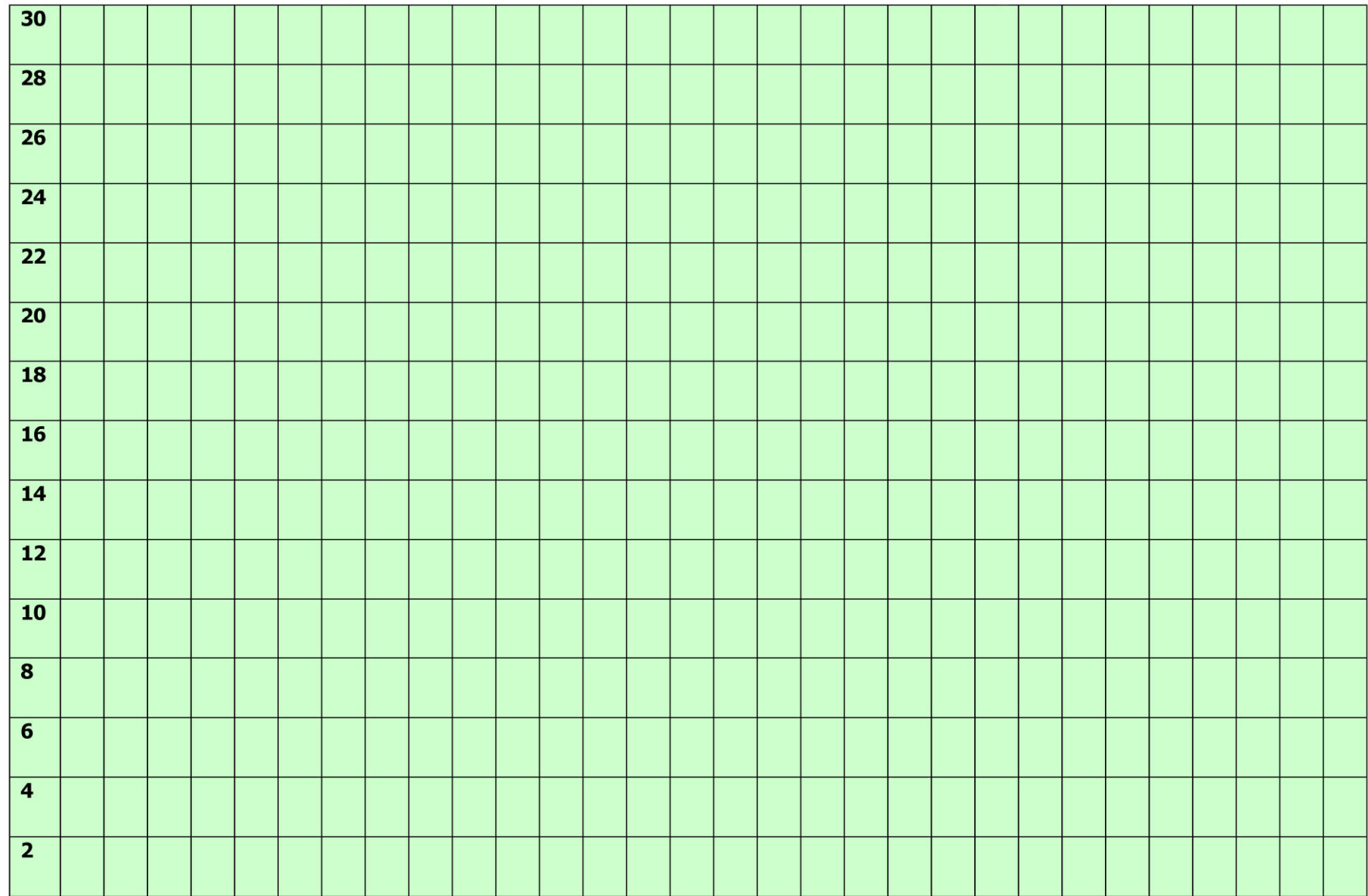
Graphical Weight Loss Chart

Record Weight Weekly to Visualize Your Success

Example:



Weight in Pounds Lost ---->



Week 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30
Date: _____

Chart your weekly weight loss by marking the total number of pounds you've lost on the graph