

Start Date:	February 4, 2018	Goal Date:	March 17, 2018
Start Weight:		Goal Weight:	
	Weight	Pounds Lost	Comments
Feb. 11			
Feb. 18			
Feb. 25			
Mar. 4			
Mar. 11			
Mar. 18 (final weigh in)			
For your records only. This tracker will not be submitted.			