

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