

Start Date:	2/2/20	Goal Date:	3/15/20	
Start Weight:		Goal Weight:		
	Weight	Pounds Lost	Comments	Date Report Due
Feb. 9				
Feb. 16				
Feb. 23				2/25/20
Mar. 1				
Mar. 8				
Mar. 15 (final weigh				3/17/20
For your records only. This tracker will not be submitted.				