

Start Date:	February 3, 2019	Goal Date:	March 17, 2019
Start Weight:		Goal Weight:	
	<b>Weight</b>	<b>Pounds Lost</b>	<b>Comments</b>
<b>Feb. 10</b>			
<b>Feb. 17</b>			
<b>Feb. 24</b>			
<b>Mar. 3</b>			
<b>Mar. 10</b>			
<b>Mar. 17</b> (final weigh in)			
<b>For your records only. This tracker will not be submitted.</b>			