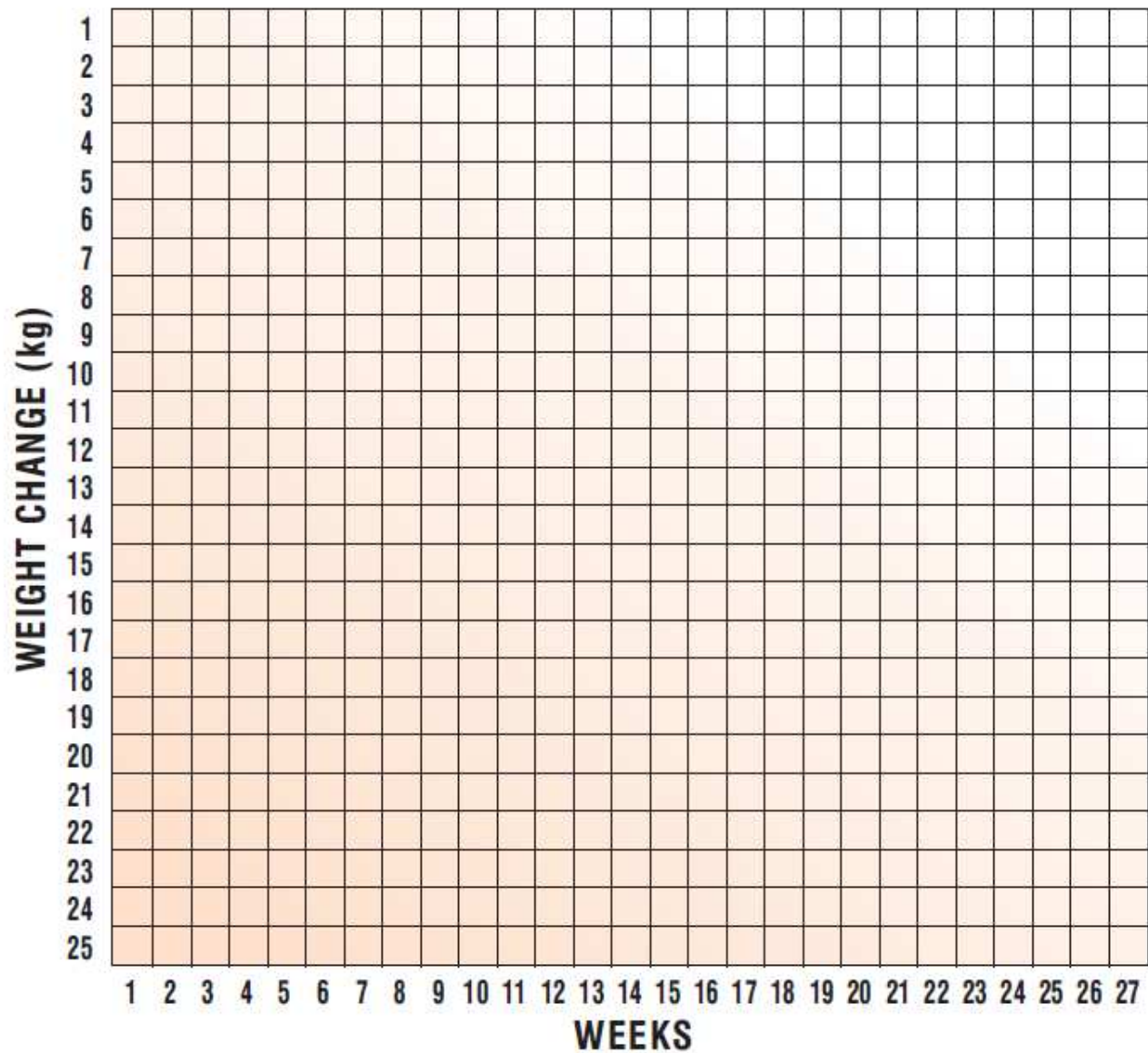


Weight Loss Chart

Use this chart to record changes in your weight.

Starting Weight = _____

Draw a line at the level of your weight loss goal.



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