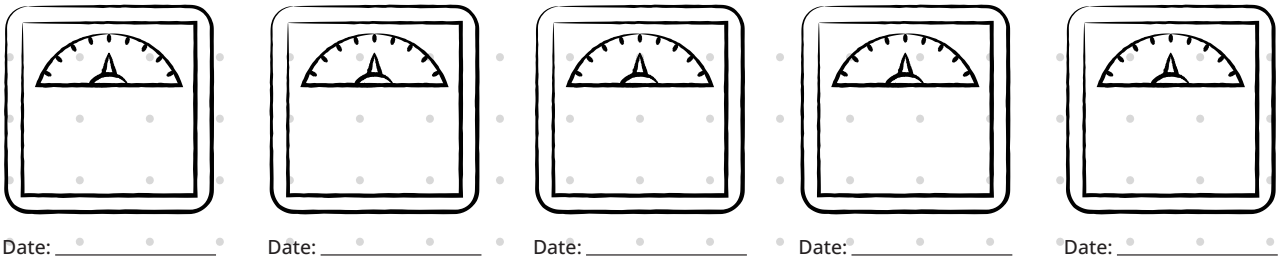
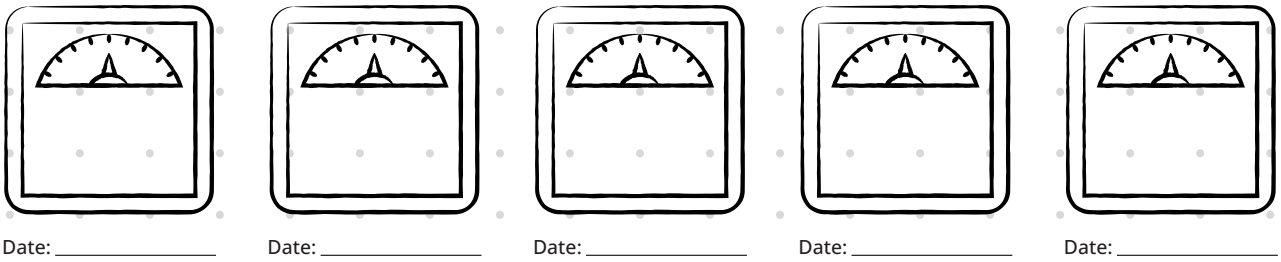
Weight Tracker

Start Date: _____ Goal Date: _____

Start Weight: _____ Goal Weight: _____



Date: _____ Date: _____ Date: _____ Date: _____ Date: _____



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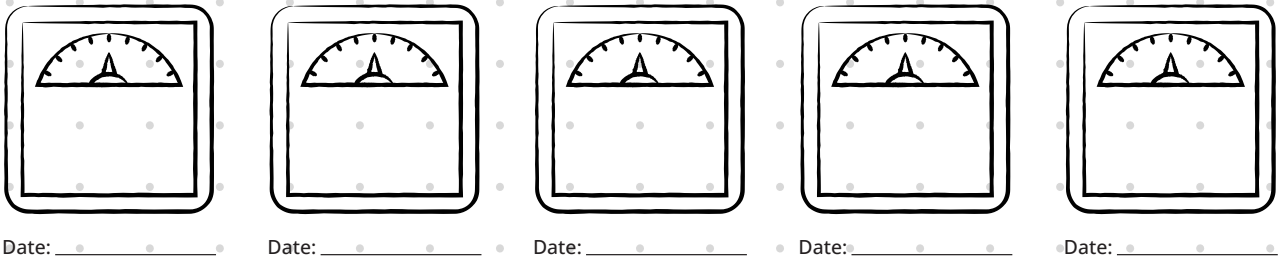
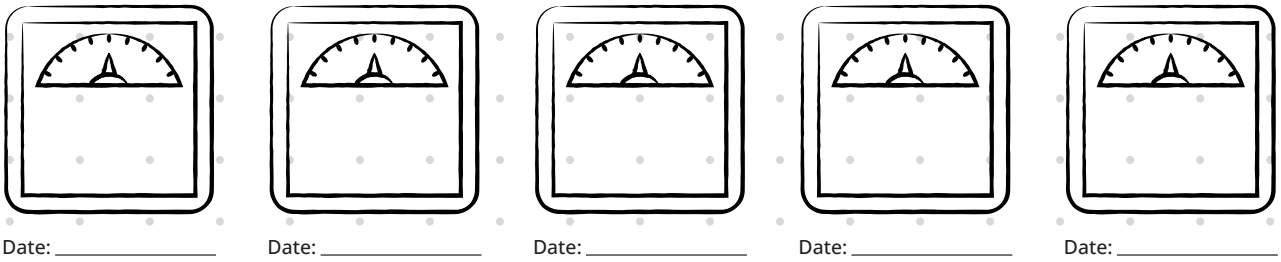


Date: _____ Date: _____ Date: _____ Date: _____ Date: _____



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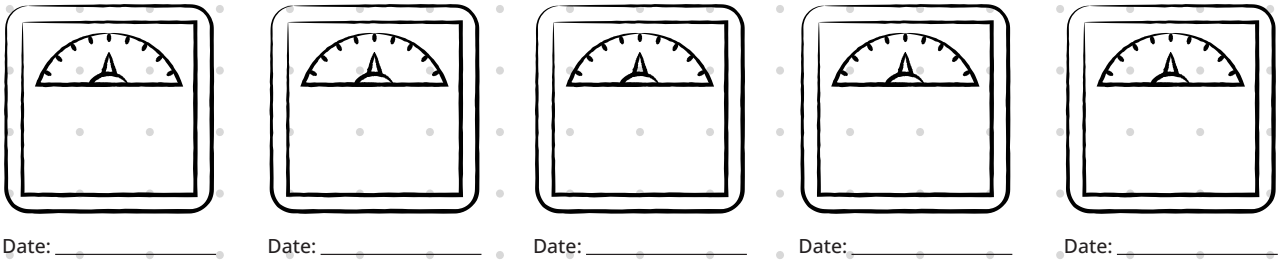
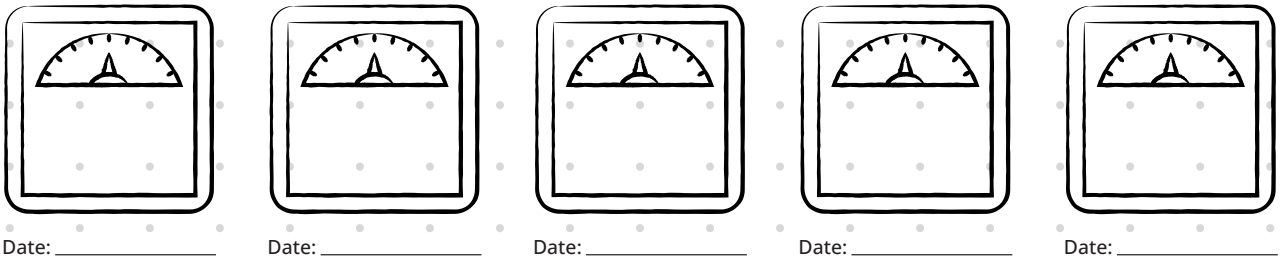


Date: _____ Date: _____ Date: _____ Date: _____ Date: _____



Date: _____ Date: _____ Date: _____ Date: _____ Date: _____

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