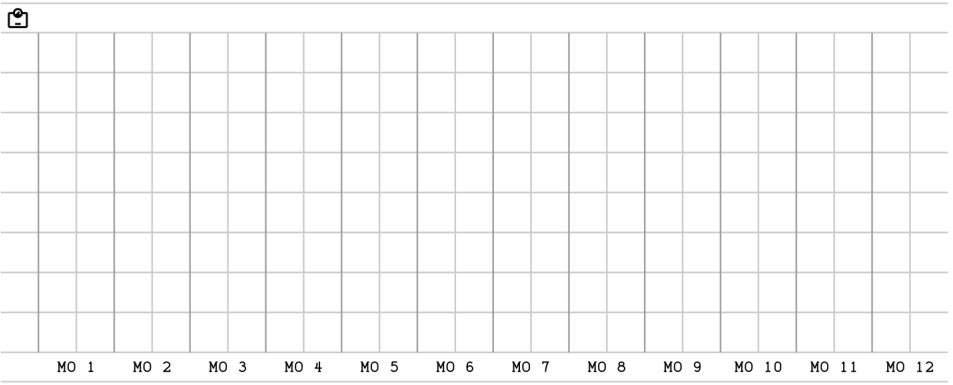
weight TRACKER

Start weight:

End weight:

Goal weight:



Date	Weight	+	-

Date	Weight	+	-

Notes

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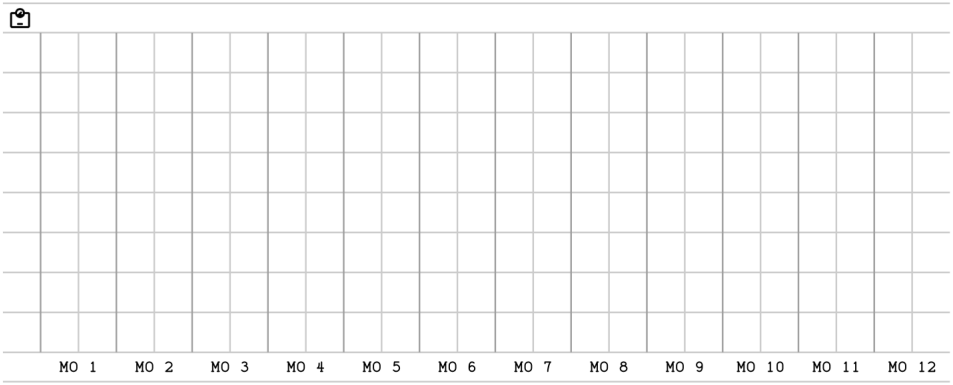
weight TRACKER

Start weight:

End weight:

Goal weight:



Date	Weight	+	-

Date	Weight	+	-

Notes

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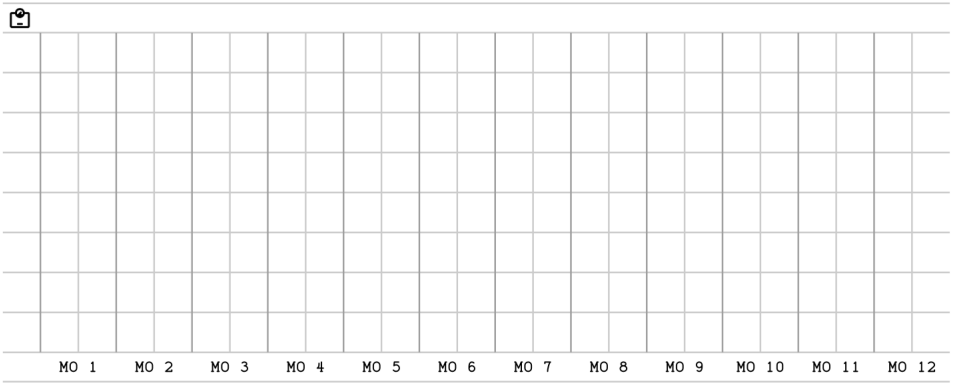
weight TRACKER

Start weight:

End weight:

Goal weight:



Date	Weight	+	-

Date	Weight	+	-

Notes

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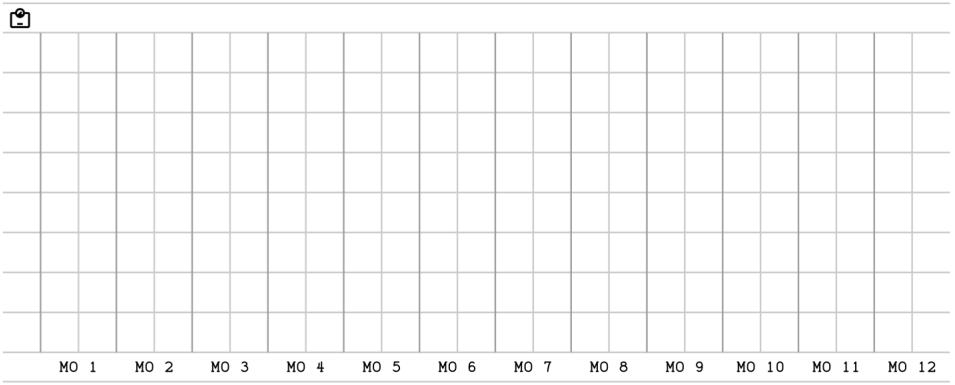
weight TRACKER

Start weight:

End weight:

Goal weight:



Date	Weight	+	-

Date	Weight	+	-

Notes