

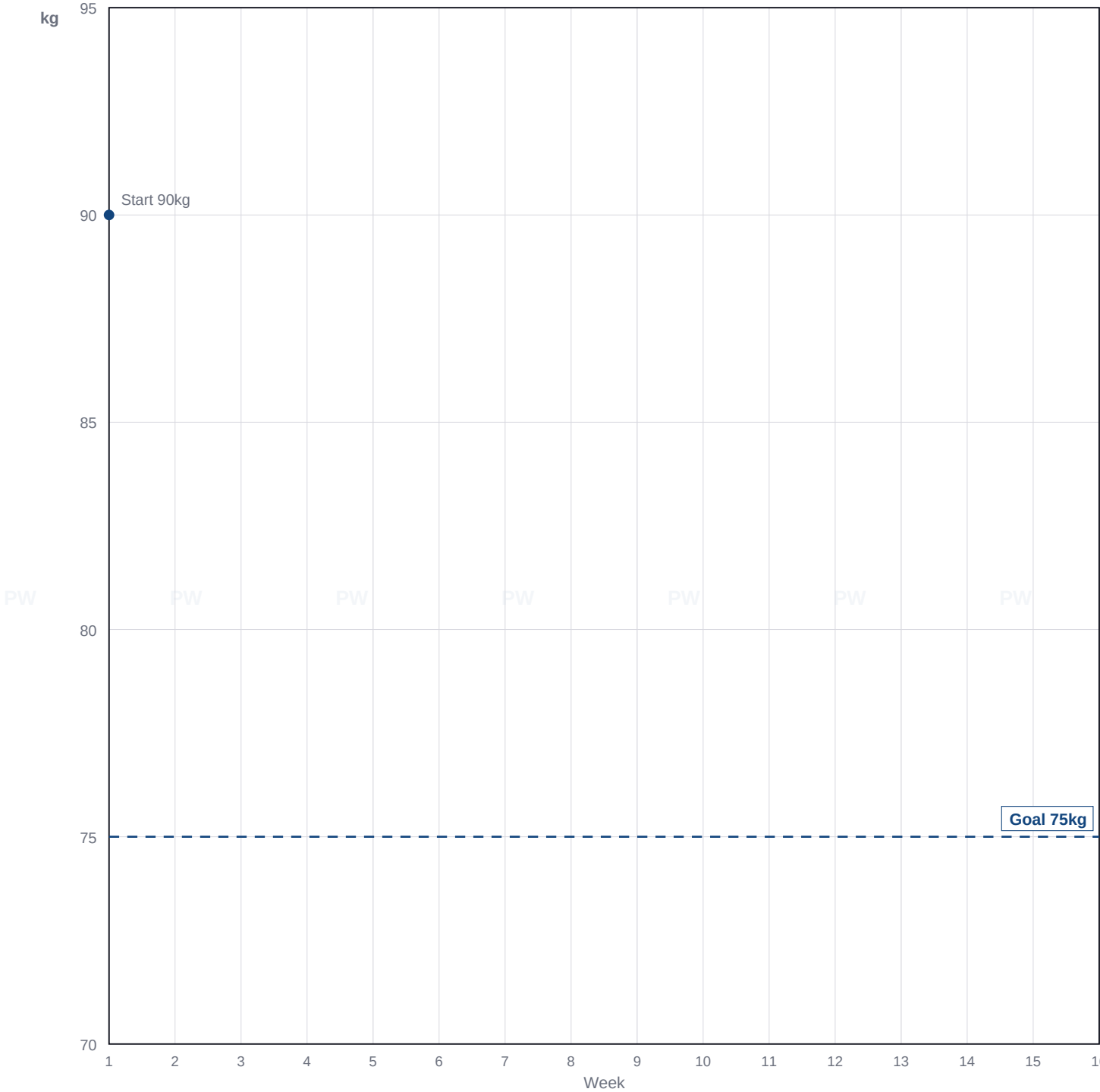
Weight Tracker & Progress Chart

Name: _____

planners

PW PW PW PW PW PW PW

Plot one point every week. The dashed line is the goal.



Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Reading (kg)																

PW PW PW PW PW PW PW