

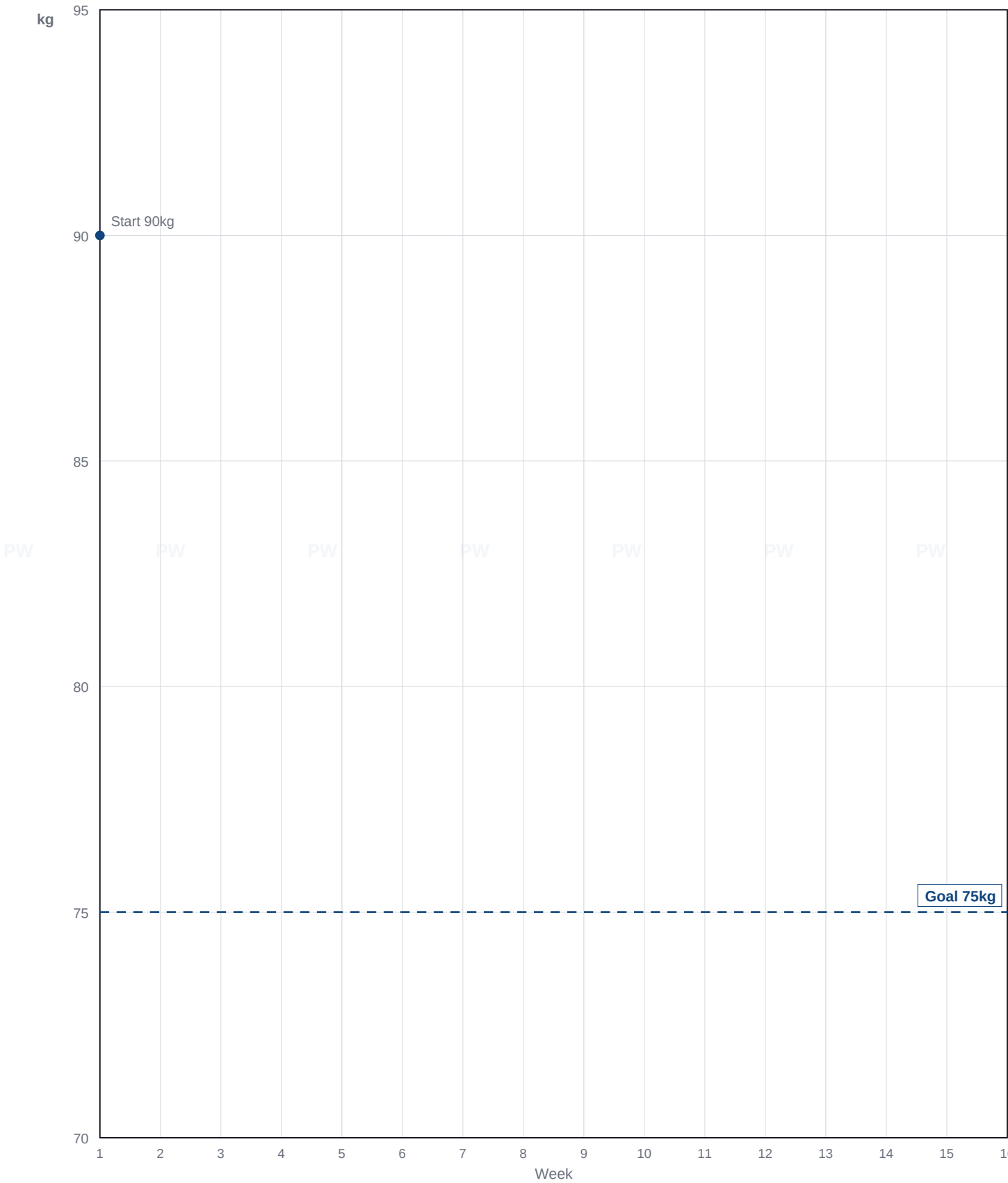
Weight Tracker & Progress Chart

Name: _____

planners

PW PW PW PW PW PW PW

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



Goal 75kg

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