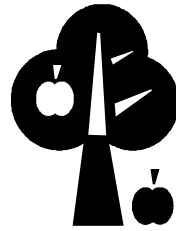


Lifestyle

Management

Solutions



10-WEEK WEIGHT PROGRESS CHART & GRAPH

START WEIGHT	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10
_____LBS.	ENTER WEIGHT	ENTER WEIGHT	ENTER WEIGHT	ENTER WEIGHT	ENTER WEIGHT	ENTER WEIGHT	ENTER WEIGHT	ENTER WEIGHT	ENTER WEIGHT	ENTER WEIGHT
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TOTAL POUNDS LOST