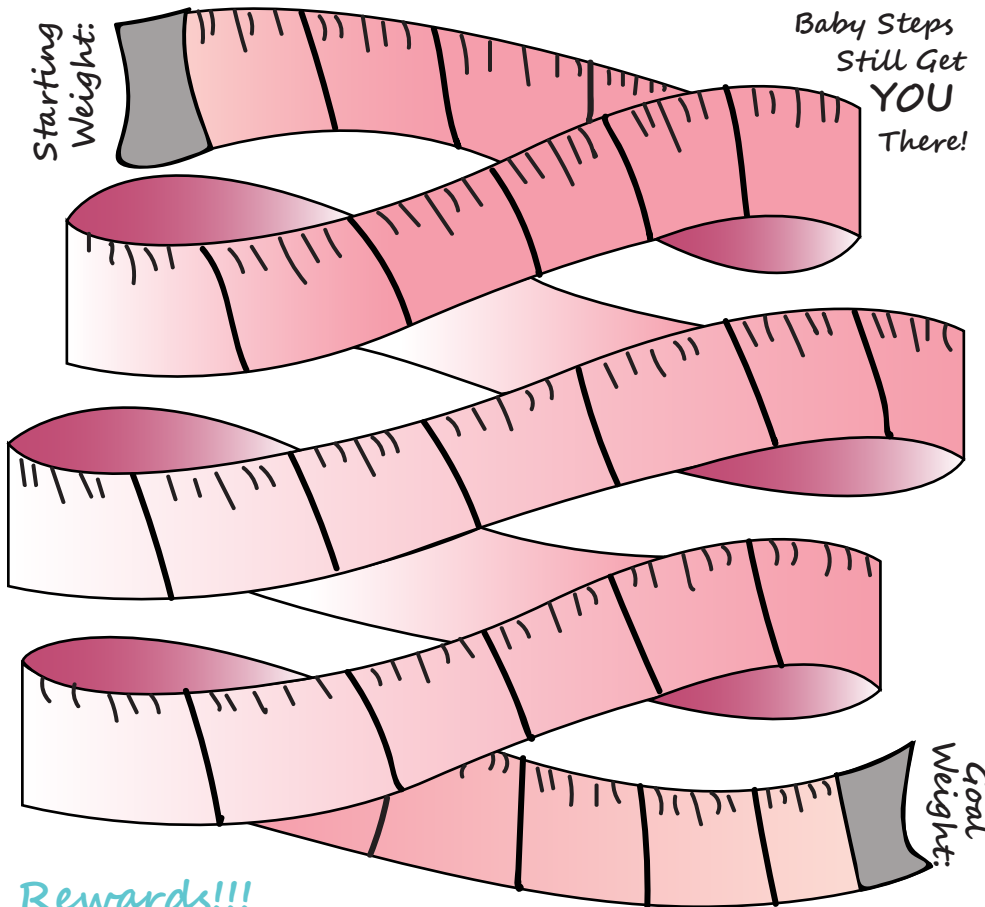


# Weight-loss TRACKER

<b>Starting Measurements/Date:</b> _____	<b>Ending Measurements/Date:</b> _____
Biceps: _____	Biceps: _____
Thighs: _____	Thighs: _____
Calves: _____	Calves: _____
Hips: _____	Hips: _____
Waist: _____	Waist: _____



## Rewards!!!

1. Goal Weight: \_\_\_\_\_ Reward: \_\_\_\_\_
2. Goal Weight: \_\_\_\_\_ Reward: \_\_\_\_\_
3. Goal Weight: \_\_\_\_\_ Reward: \_\_\_\_\_