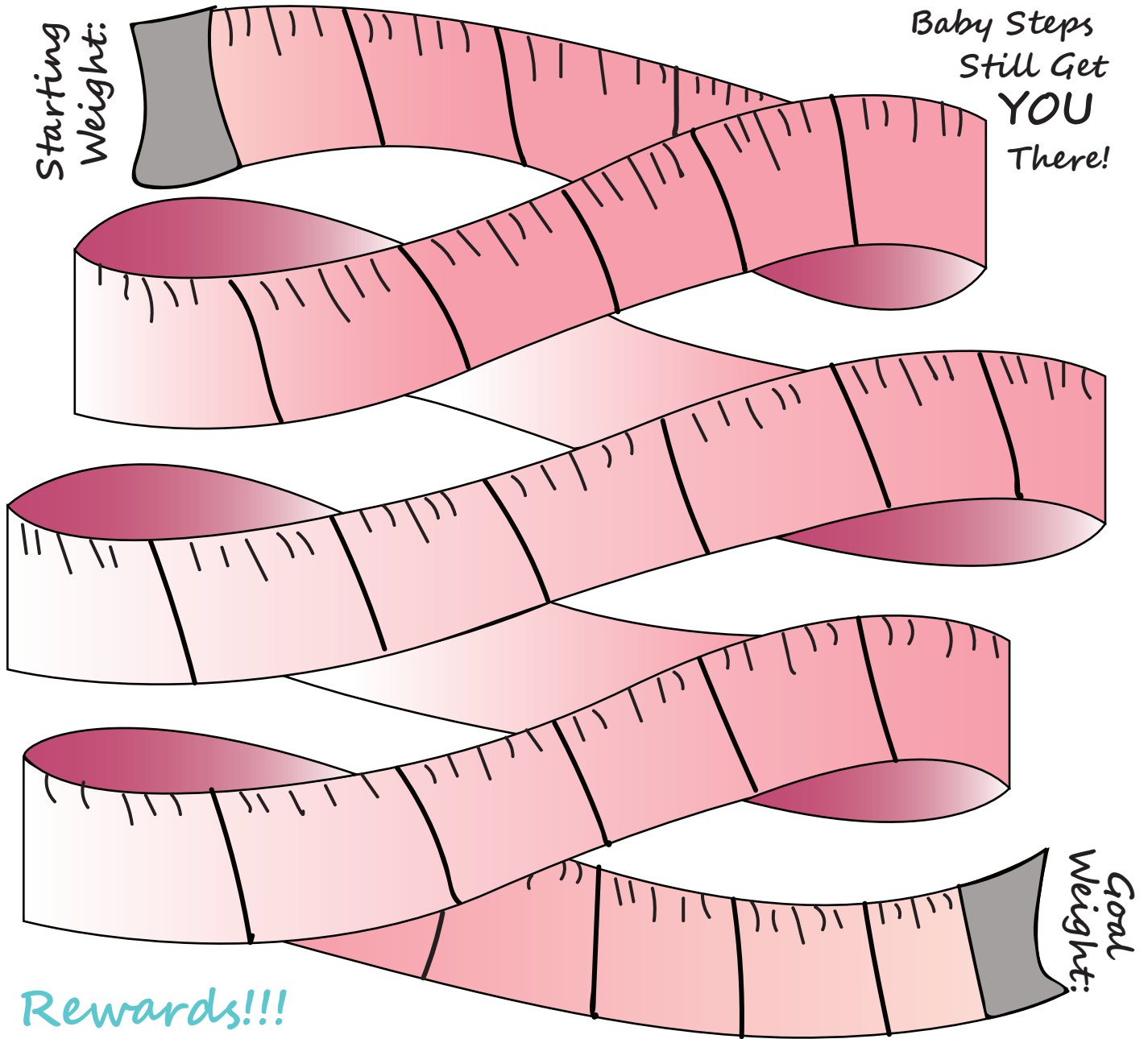


Weight-loss TRACKER

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



Rewards!!!

1. Goal Weight: _____ Reward: _____
2. Goal Weight: _____ Reward: _____
3. Goal Weight: _____ Reward: _____