Weekly weigh-in chart

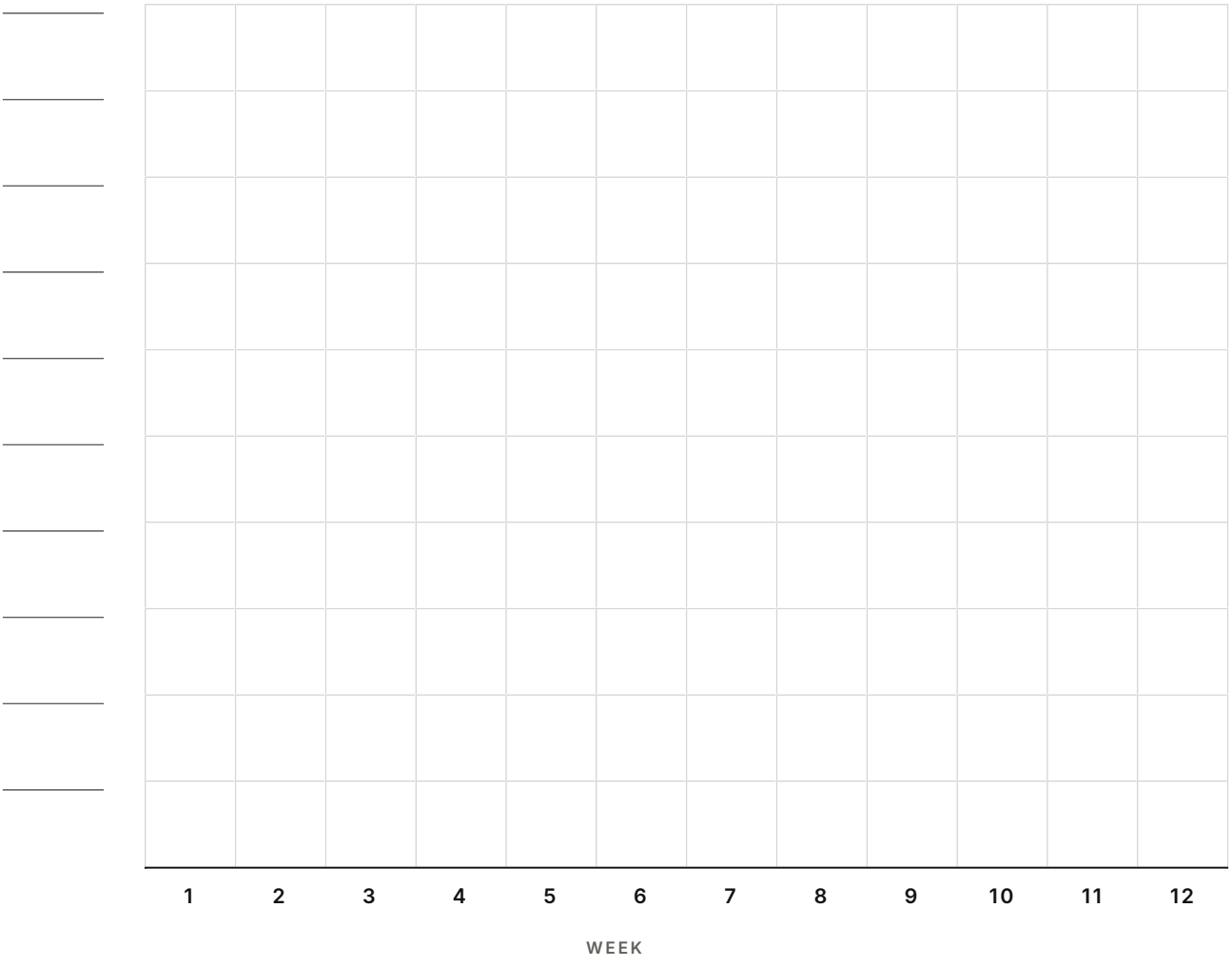
Twelve weeks on a graph. Put a dot each week and join them up.

NAME

START WEIGHT

GOAL

WEIGHT



WHAT CHANGED MOST