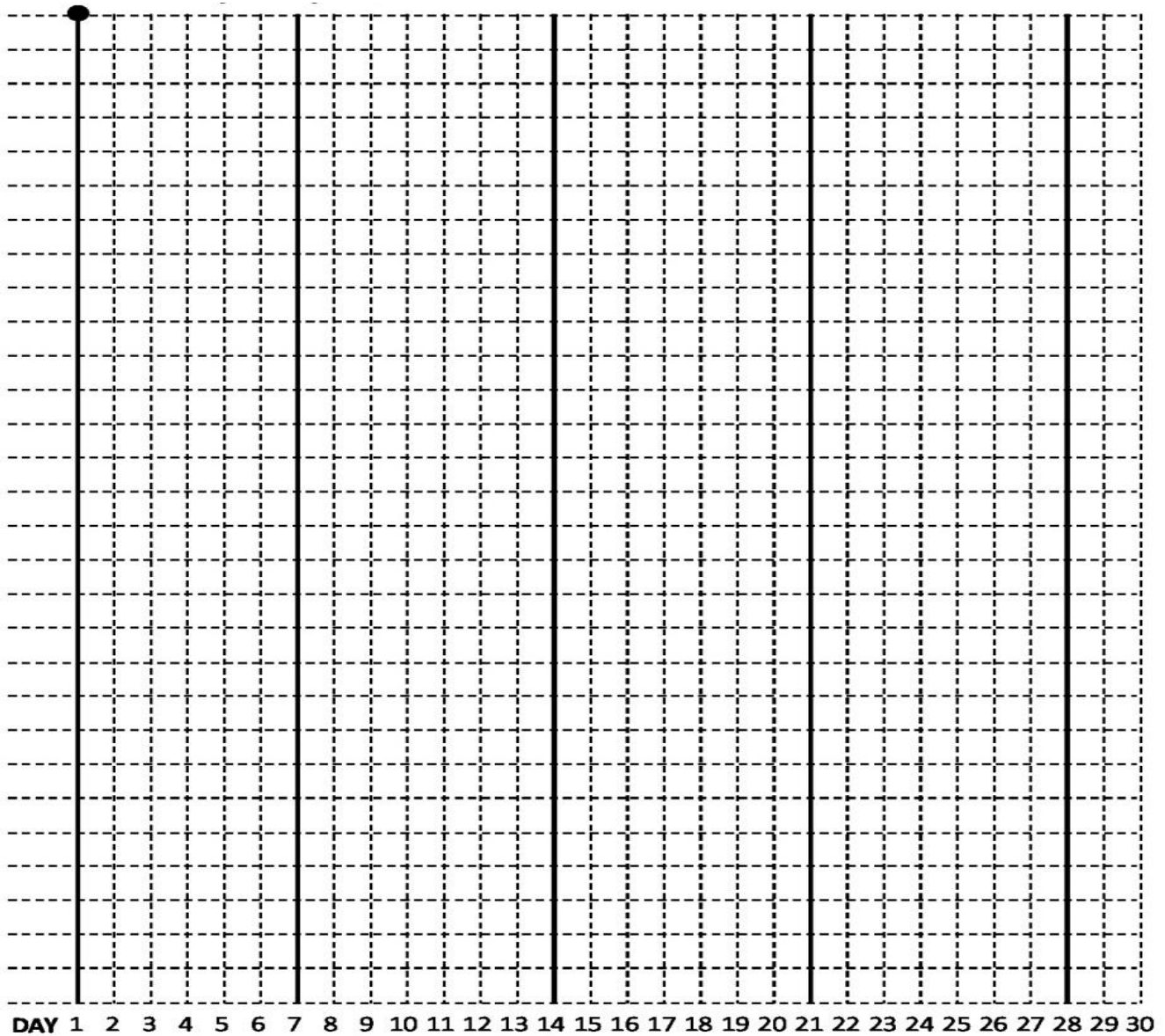




Daily Weight Tracking Graph

LBS. Date: _____ Current Weight: _____ Ideal Weight: _____



1. Write your current weight + 5 lbs. in the top of left column under LBS.
2. Fill in the rest of the column to the bottom to your ideal weight (in 1 lb. or 1/2 lb. increments.)
3. Each day, put a dot on the line that corresponds to the day and the weight. 4. Your graph will probably go up and down a bit—stick with it!