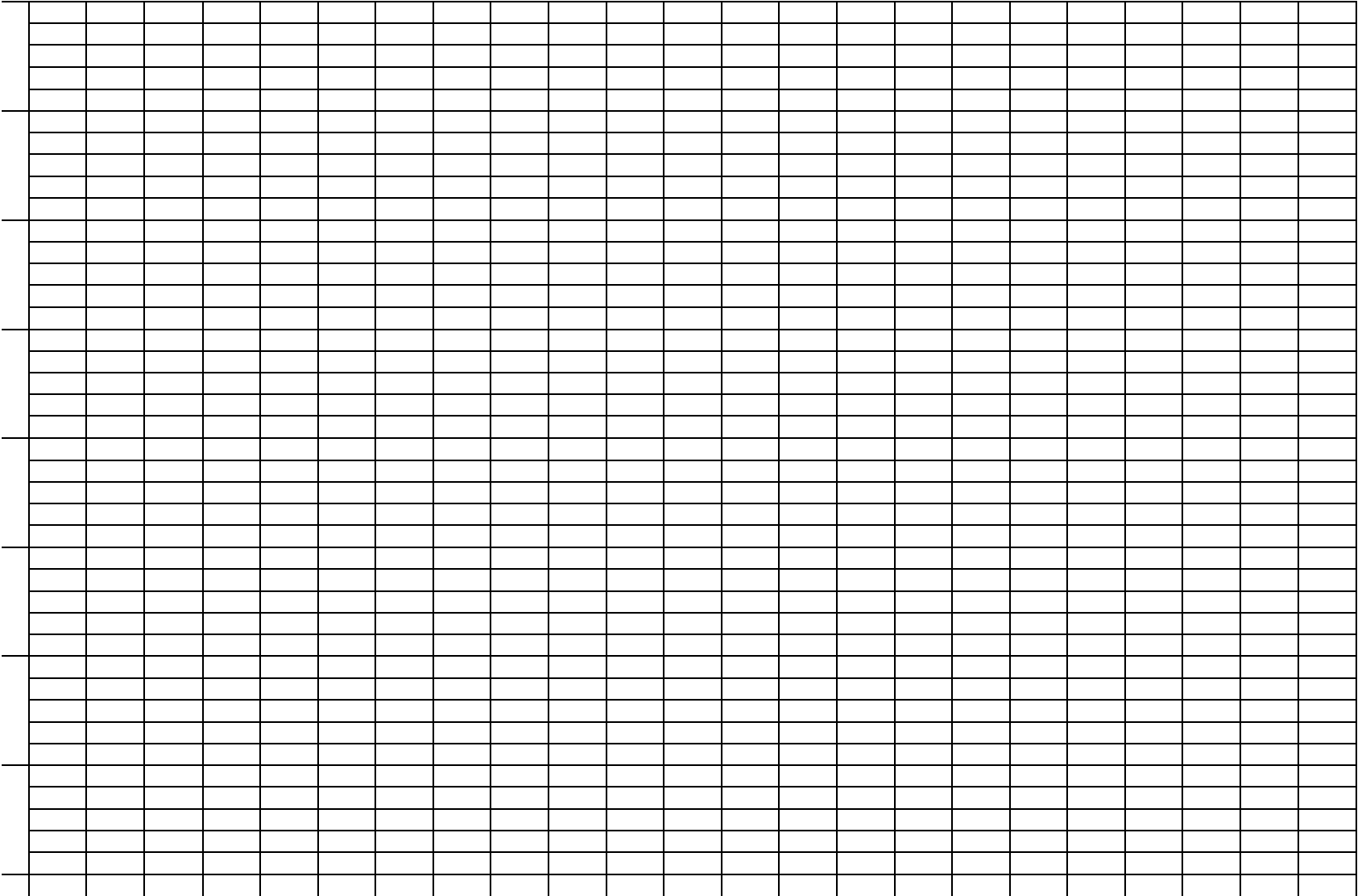


# How Am I Doing?

Starting Weight (lbs.)=  
7% Weight Loss Goal (lbs.)=

## *Weekly Weight Record*

Weight  
(pounds)



Date: