

NAME:								
STARTING WEIGHT				FINISHING WEIGHT				
WEEK 1	MONDAY	TUESDAY	WED	THURS	FRIDAY	SATURDAY	SUNDAY	
WEEK 2	MONDAY	TUESDAY	WED	THURS	FRIDAY	SATURDAY	SUNDAY	
WEEK 3	MONDAY	TUESDAY	WED	THURS	FRIDAY	SATURDAY	SUNDAY	
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WEEK 4	MONDAY	TUESDAY	WED	THURS	FRIDAY	SATURDAY	SUNDAY	
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WEEK 5	MONDAY	TUESDAY	WED	THURS	FRIDAY	SATURDAY	SUNDAY	
WEEK 6	MONDAY	TUESDAY	WED	THURS	FRIDAY	SATURDAY	SUNDAY	
WEEK 7	MONDAY	TUESDAY	WED	THURS	FRIDAY	SATURDAY	SUNDAY	
WEEK 8	MONDAY	TUESDAY	WED	THURS	FRIDAY	SATURDAY	SUNDAY	
