

# Metric Weight Loss Chart

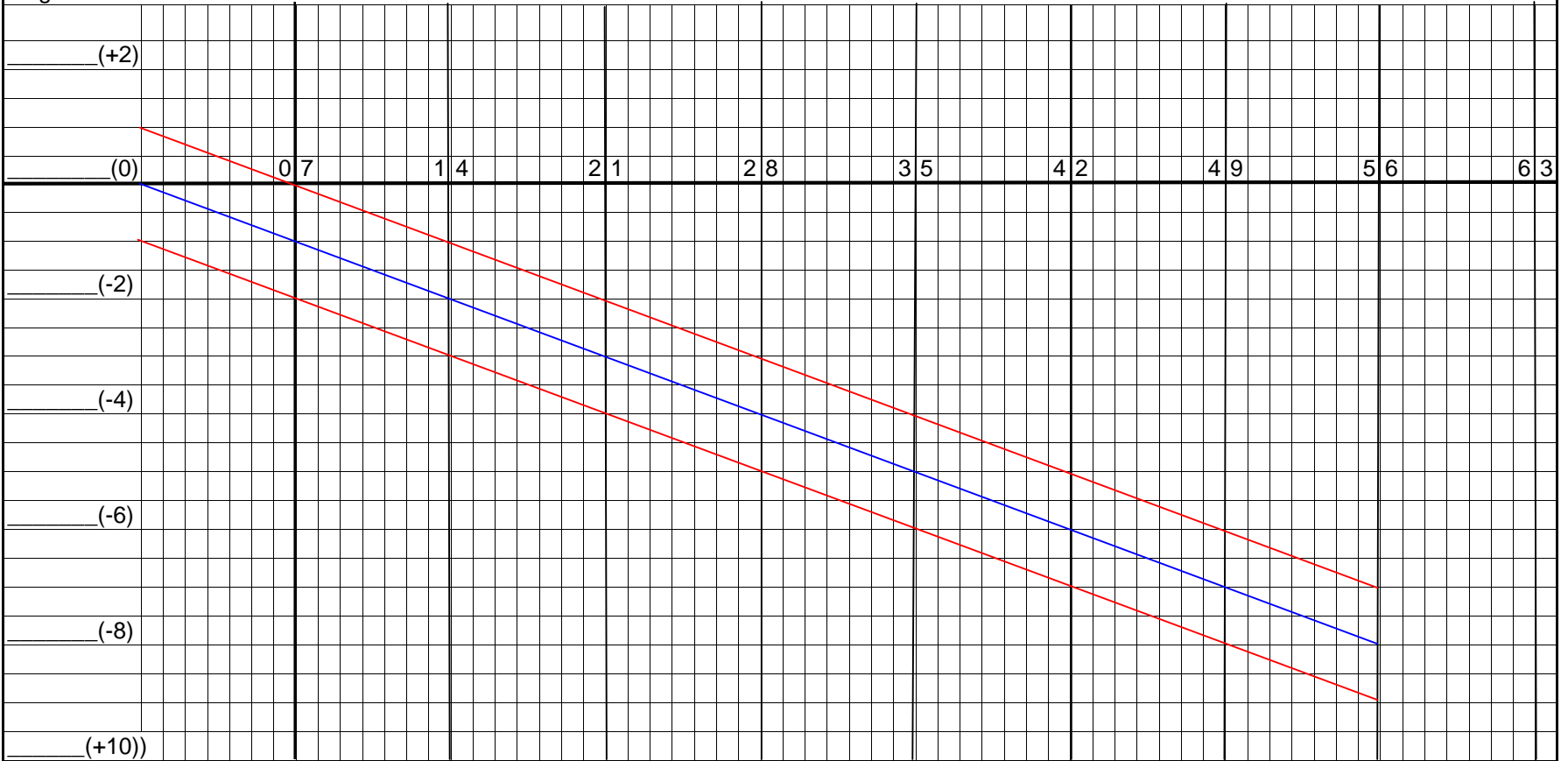
Start Weight (kg)

Goal Weight (kg)

Start Date

Goal Date

kg



Days

Ideal-Weight-Charts.com