

Weight Loss Chart

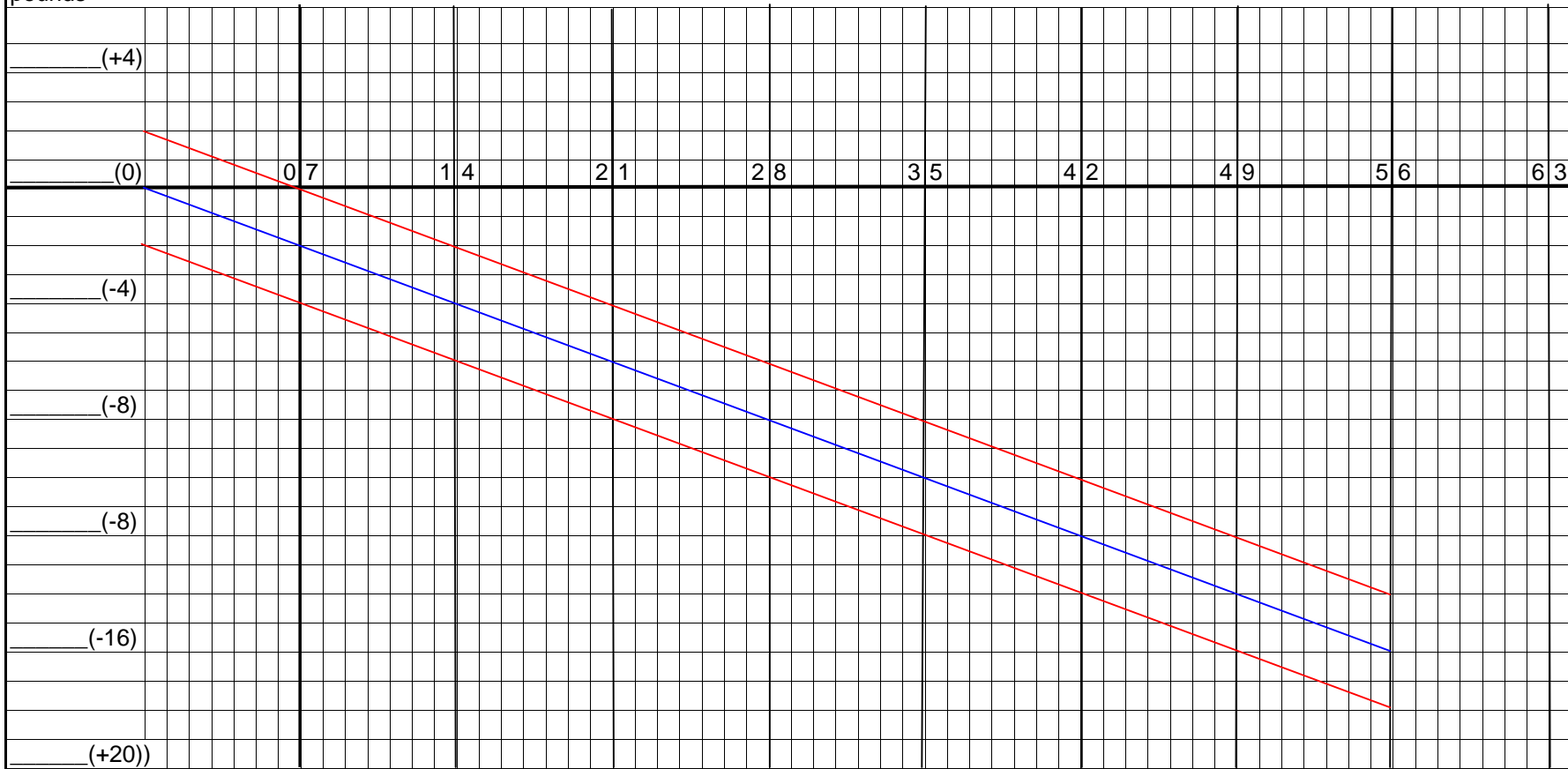
Start Weight (lb)

Goal Weight (lb)

Start Date

Goal Date

pounds



Days

Ideal-Weight-Charts.com