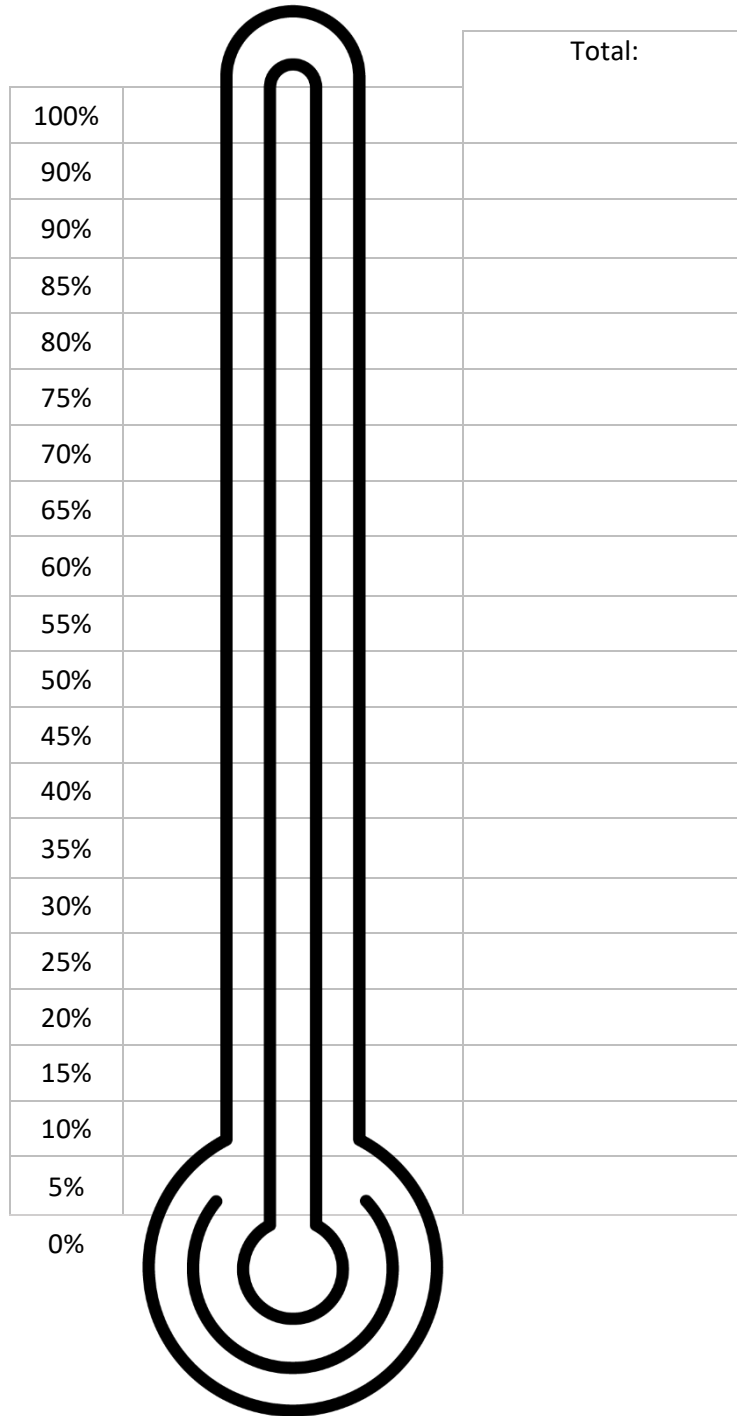


WEIGHT LOSS Tracker



To work out how much to add to each line, take the total amount you want to lose and divide it by 20. Add that amount to the bottom line and keep adding it to each line above until you reach the total sum.