

# WEEKLY MILESTONE TRACKER

START WEIGHT  
GOAL WEIGHT  
TOTAL GOAL LOSS

WEEK	DATE	WEIGHT	+/- LOSS	MILESTONE
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Week 1

Week 2

Week 3

Week 4

Week 5

Week 6

Week 7

Week 8

Week 9

Week 10

<b>WEEK</b>	<b>DATE</b>	<b>WEIGHT</b>	<b>+/- LOSS</b>	<b>MILESTONE</b>
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Week 11				
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Week 12				
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