

# SLIMMING JOURNEY

START DATE

STARTING WEIGHT

TARGET GOAL

WEEK	DATE	WEIGHT	+/- LOSS	DONE
Week 01				
Week 02				
Week 03				
Week 04				
Week 05				
Week 06				
Week 07				
Week 08				
Week 09				

<b>WEEK</b>	<b>DATE</b>	<b>WEIGHT</b>	<b>+/- LOSS</b>	<b>DONE</b>
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Week 10				
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Week 11				
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Week 12				
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