30 DAY CHALLENGE

Weight Tracker

Start Weight: ..... KG LBS

Goal Weight: ..... KG LBS

Day 01	Day 02	Day 03	Day 04	Day 05
Day 06	Day 07	Day 08	Day 09	Day 10
Day 11	Day 12	Day 13	Day 14	Day 15
Day 16	Day 17	Day 18	Day 19	Day 20
Day 21	Day 22	Day 23	Day 24	Day 25
Day 26	Day 27	Day 28	Day 29	Day 30

Note:

Final Weight: ..... KG LBS

Total Lost: ..... KG LBS