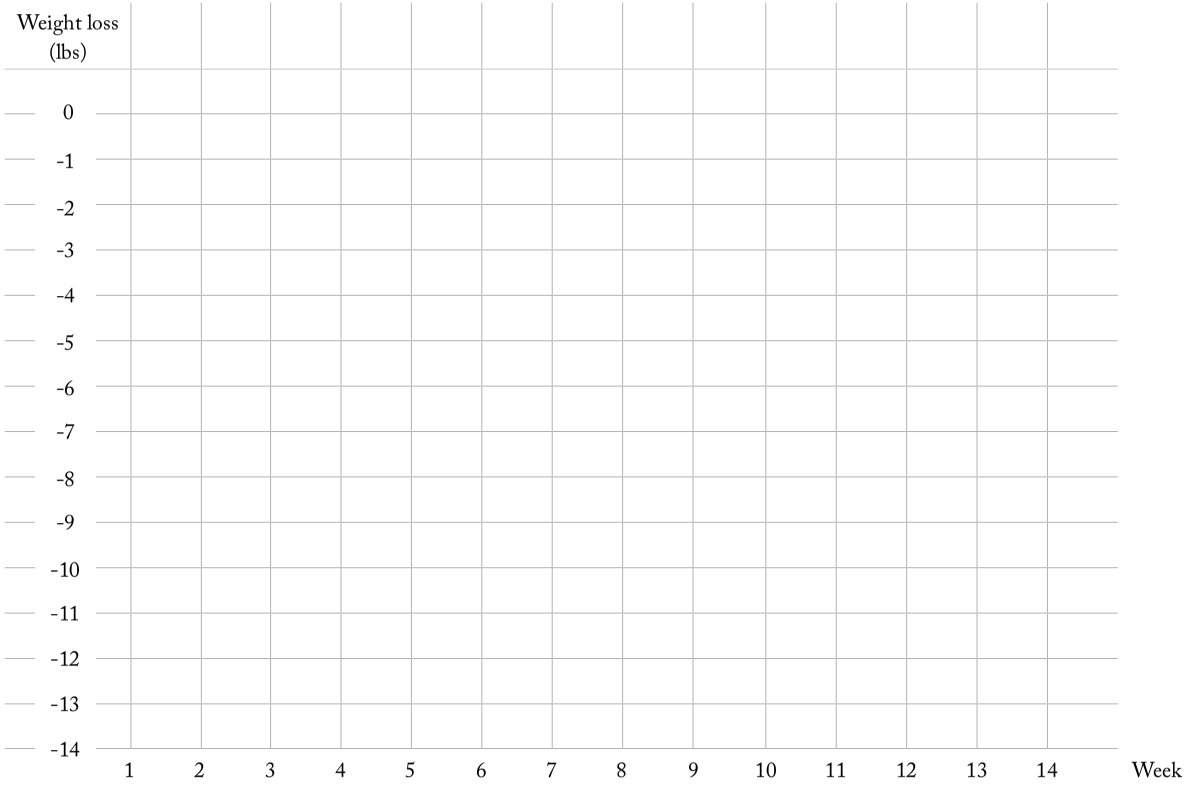

Enter your weight loss by marking 'x' on the graph each week, starting at 1. Always enter your weight on the **same day** each week.

Your weight-graphing day is _____