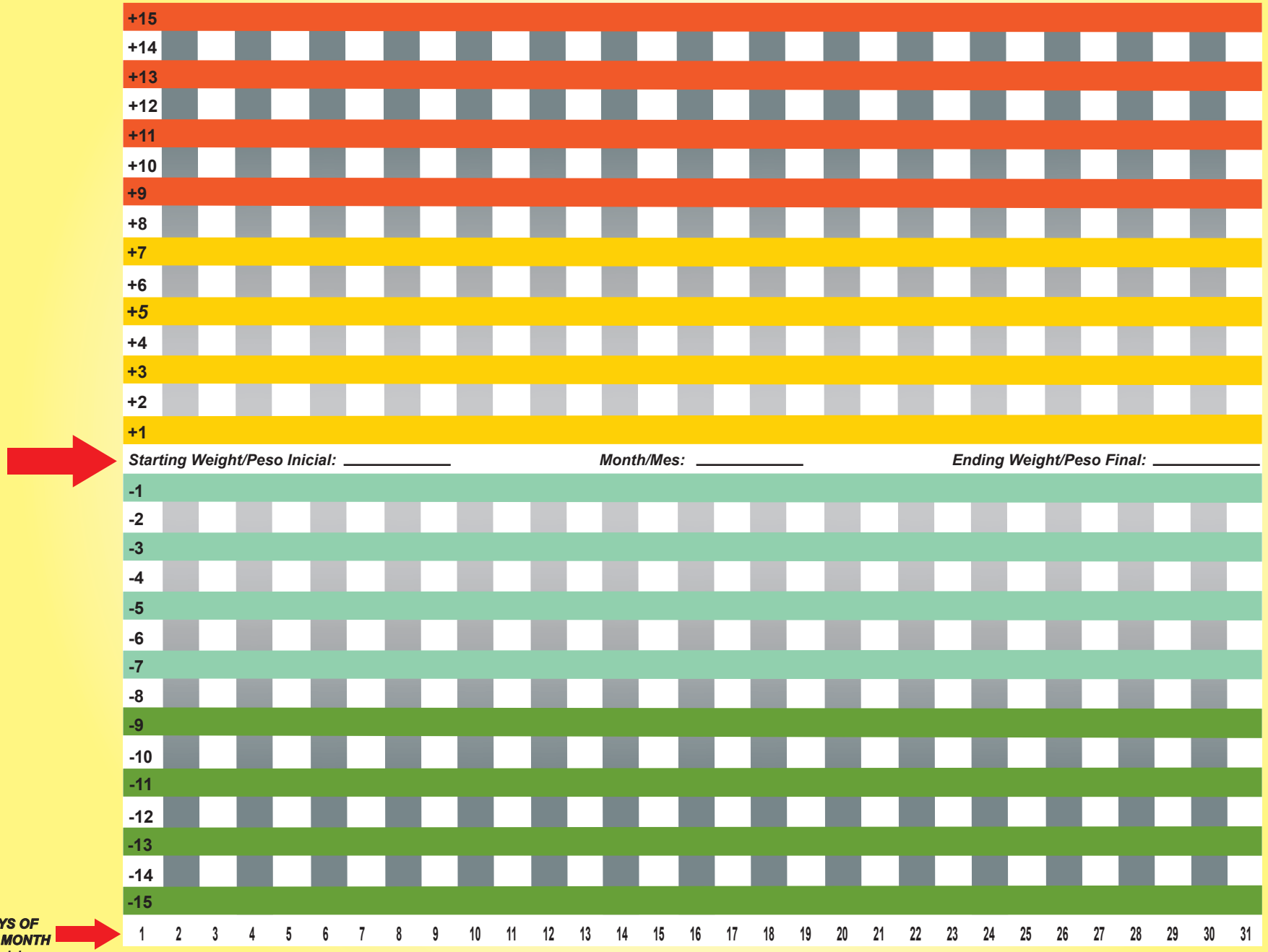
DAILY WEIGHT LOSS CHART

Use the following chart to stay on track of your weight loss goals



INSTRUCTIONS: Weigh yourself every morning and mark with an "X" the amount lost (-) or gained (+).

Pésese todas las mañanas y marque con una "X" la cantidad que se pierde (-) o que se aumenta (+).

NATURAL wellness, LLC