Lifestyle Coach's Name: _____

Meeting Location: _____

Meeting Time and Day: _____

	Session 1					ion 2	Session 3		Session 4						Session 7			
	/		/ BP #2 Lbs.		/	/	/	/	/	/	/	/	//				/	/
Name	Waiste	BP #1	BP #2	Lbs.	Lbs.	Mins.	Lbs.	Mins.	Lbs.	Mins.	Lbs.	Mins.	Lbs.	Mins.	Lbs.	Mins.	Lbs.	Mins.
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Meeting Location: _____

Meeting Time and Day: _____

	Session 9					Sessi	on 10 /		Sessi						Session 15			
Name	Waiste	BP #1	BP #2	Lbs.	Mins			Mins.	Lbs.	Mins.	Lbs.	Mins.	Lbs.	Mins.	Lbs.	Mins.		
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Meeting Location: _____

Meeting Time and Day: _____

	Session 17		Session 18		//		//		Session 21		Session 22						Session 25		Sessi	
Name	Lbs.		Lbs.	Mins.			Lbs.	Mins.	Lbs.	Mins.	Lbs.	Mins.	Lbs.	Mins.	Lbs.	Mins.	Lbs.	Mins.	Lbs.	Mins.
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Meeting Location: _____

	Socci	on 27	Socci	on 28	Sossi	on 20	Sossi	on 30	Soccia	on 21						
	/_	sion 27 Session 28		_/	//		//						//			
Name	Lbs.	Mins.	Lbs.	Mins.	Lbs.	Mins.	Lbs.	Mins.	Lbs.	Mins.	Waiste	BP #1	BP #2	Lbs.	Mins	
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