

How Am I doing? Weight

Name:		Start Date:													_ St	tart \	Weig	;ht: _			Goal Weight: (.93 x start st)											
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Pounds	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
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National Diabetes Prevention Program in the Panhandle proudly part of PPHD Reviewed September 2016