

**Weigh-in Tracker (Wake up, go to the bathroom & Weigh in on the same scale everyday)**

<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
4/15	4/16	4/17	4/18	4/19	4/20	4/21
4/22	4/23	4/24	4/25	4/26	4/27	4/28
4/29	4/30	5/1	5/2	5/3	5/4	5/5
5/6	5/7	5/8	5/9	5/10	5/11	5/12
5/13	5/14	5/15	5/16	5/17	5/18	5/19
5/20	5/21	5/22	5/23	5/24	5/25	5/26