



weight loss challenge

jan feb mar apr may jun jul aug sep oct nov dec

starting weight _____ goal weight _____

milestone 1 _____ milestone 3 _____

milestone 2 _____ milestone 4 _____

progress tracker | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | 100%

1lb 2lb 3lb 4lb 5lb 6lb 7lb

8lb 9lb 10lb 11lb 12lb 13lb 1 stone

15lb 16 lb 17lb 18lb 19lb 20lb 21lb

22lb 23lb 24lb 25lb 26lb 27lb 2 stone

29lb 30lb 31lb 32lb 33lb 34lb 35lb

36lb 37lb 38lb 39lb 40lb 41lb 3 stone