

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