

FREE GOOGLE SHEETS TUTORIAL

UPTO 52 WEEKS



Weight Loss

Fitness Tracker

Overview

Start Date	Jan 01, 2020
End Date	Feb 01, 2020
Current Weight	150
Goal	120
Weight Change	30
Weight Loss	100



AUTOMATE

329

Calorie Left

89%

40 lbs

Weight Loss				
Week	Date	Weight	Cal	Progress
1	Jan 01, 2020	150	0	0
2	Jan 08, 2020	147	2	1
3	Jan 15, 2020	144	3	2
4	Jan 22, 2020	141	4	3
5	Jan 29, 2020	138	5	4
6	Feb 05, 2020	135	6	5
7	Feb 12, 2020	132	7	6
8	Feb 19, 2020	129	8	7
9	Feb 26, 2020	126	9	8
10	Mar 05, 2020	123	10	9
11	Mar 12, 2020	120	11	10
12	Mar 19, 2020	117	12	11
13	Mar 26, 2020	114	13	12
14	Apr 02, 2020	111	14	13
15	Apr 09, 2020	108	15	14

Milestones		
Change	Rewards	Progress
1	5 new Running Shoes	☒
5	Denim Jacket	☒
9	New Backpack	☒
13	Jeans	☒
17	A new Apple Watch	☒
21	A brand new bag	☒
25	Trip to Europe	☒
29	New Hair	☒
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WEIGHT TRACKER

Tutorial Weight Loss

Phillip Z., Z. Phillip



Tutorial Weight Loss:

The Top Books of the Year Tutorial Weight Loss The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous captivating novels enthralling the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the captivating narratives that have enthralled audiences this year. Tutorial Weight Loss : Colleen Hoover's "It Ends with Us" This heartfelt tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Uncover the Best : Taylor Jenkins Reid's "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reid's absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens' "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and gripping novel that will keep you guessing until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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