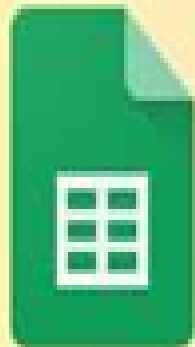


FREE GOOGLE SHEETS TUTORIAL

UPTO 52 WEEKS

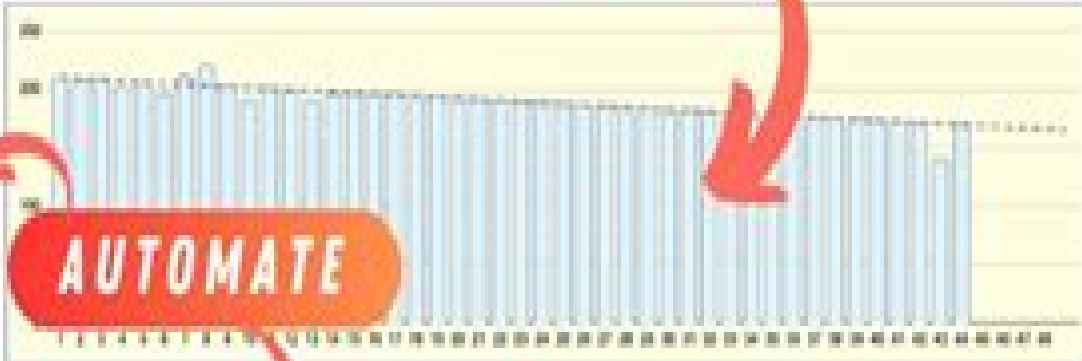


## Weight Loss

Fitness Tracker

### Overview

|               |              |
|---------------|--------------|
| Start Date    | Jan 01, 2020 |
| End Date      | Feb 01, 2020 |
| Start Weight  | 150          |
| End Weight    | 120          |
| Weight Change | 30           |
| Weight Loss % | 20%          |



AUTOMATE

329

Calorie Left

89%

40 lbs

### Weight

| Week | Date         | Weight | Cal | Progress |
|------|--------------|--------|-----|----------|
| 1    | Jan 01, 2020 | 150    | 0   | 0        |
| 2    | Jan 08, 2020 | 148    | 2   | 1        |
| 3    | Jan 15, 2020 | 146    | 4   | 2        |
| 4    | Jan 22, 2020 | 144    | 6   | 3        |
| 5    | Jan 29, 2020 | 142    | 8   | 4        |
| 6    | Feb 05, 2020 | 140    | 10  | 5        |
| 7    | Feb 12, 2020 | 138    | 12  | 6        |
| 8    | Feb 19, 2020 | 136    | 14  | 7        |
| 9    | Feb 26, 2020 | 134    | 16  | 8        |
| 10   | Mar 05, 2020 | 132    | 18  | 9        |
| 11   | Mar 12, 2020 | 130    | 20  | 10       |
| 12   | Mar 19, 2020 | 128    | 22  | 11       |
| 13   | Mar 26, 2020 | 126    | 24  | 12       |
| 14   | Apr 02, 2020 | 124    | 26  | 13       |
| 15   | Apr 09, 2020 | 122    | 28  | 14       |

### Milestones

| Change | Rewards             | Progress                                                           |
|--------|---------------------|--------------------------------------------------------------------|
| 1      | 5 new Running Shoes | <div><div></div><div></div><div></div><div></div><div></div></div> |
| 5      | Denim Jacket        | <div><div></div><div></div><div></div><div></div><div></div></div> |
| 9      | New Backpack        | <div><div></div><div></div><div></div><div></div><div></div></div> |
| 13     | Smartwatch          | <div><div></div><div></div><div></div><div></div><div></div></div> |
| 17     | 5 new Apple Watch   | <div><div></div><div></div><div></div><div></div><div></div></div> |
| 21     | A brand new bag     | <div><div></div><div></div><div></div><div></div><div></div></div> |
| 25     | Trip to Europe      | <div><div></div><div></div><div></div><div></div><div></div></div> |
| 29     | New Hair            | <div><div></div><div></div><div></div><div></div><div></div></div> |
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