



Weight Loss
Fitness Tracker

Overview

Start Date	Jan 01, 2020
End Date	Jan 01, 2020
Start Weight	100
Goal	50
Weight Average	100
Weight Progress	100

329
Calories Left

89%

40 lbs

Weight

Week	Date	Weight	Cal	Progress
1	Jan 01, 2020	100	0	0
2	Jan 8, 2020	97	0	0
3	Jan 15, 2020	94	0	0
4	Jan 22, 2020	91	0	0
5	Jan 29, 2020	88	0	0
6	Feb 5, 2020	85	0	0
7	Feb 12, 2020	82	0	0
8	Feb 19, 2020	79	0	0
9	Feb 26, 2020	76	0	0
10	Mar 5, 2020	73	0	0
11	Mar 12, 2020	70	0	0
12	Mar 19, 2020	67	0	0
13	Mar 26, 2020	64	0	0
14	Apr 2, 2020	61	0	0
15	Apr 9, 2020	58	0	0

Milestones

Change	Milestones	Progress
1	1 week fasting diet	🟢
2	2 weeks fast	🟢
3	3 weeks fast	🟢
4	4 weeks fast	🟢
5	5 weeks fast	🟢
6	6 weeks fast	🟢
7	7 weeks fast	🟢
8	8 weeks fast	🟢
9	9 weeks fast	🟢
10	10 weeks fast	🟢
11	11 weeks fast	🟢
12	12 weeks fast	🟢
13	13 weeks fast	🟢
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40	40 weeks fast	🟢
41	41 weeks fast	🟢
42	42 weeks fast	🟢
43	43 weeks fast	🟢
44	44 weeks fast	🟢
45	45 weeks fast	🟢
46	46 weeks fast	🟢
47	47 weeks fast	🟢
48	48 weeks fast	🟢
49	49 weeks fast	🟢
50	50 weeks fast	🟢
51	51 weeks fast	🟢
52	52 weeks fast	🟢

WEIGHT TRACKER

Tutorial Weight Loss

R Barnett



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