

FREE GOOGLE SHEETS TUTORIAL

UPTO 52 WEEKS



Weight Loss

Fitness Tracker

Overview

Start Date	Jan 01, 2020
End Date	Dec 31, 2020
Current Weight	150
Goal	120
Weight Change	300
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	0	0
3	Jan 15, 2020	144	0	0
4	Jan 22, 2020	141	0	0
5	Jan 29, 2020	138	0	0
6	Feb 05, 2020	135	-10	-10
7	Feb 12, 2020	132	-20	-20
8	Feb 19, 2020	129	-30	-30
9	Feb 26, 2020	126	-40	-40
10	Mar 05, 2020	123	-50	-50
11	Mar 12, 2020	120	-60	-60
12	Mar 19, 2020	117	-70	-70
13	Mar 26, 2020	114	-80	-80
14	Apr 02, 2020	111	-90	-90
15	Apr 09, 2020	108	-100	-100

Milestones		
Change	Rewards	Progress
1	5 new Running Shoes	
5	Denim Jacket	
9	New Backpack	
15	Smartwatch	
25	A new Apple Watch	
30	A brand new bag	
40	Trip to Europe	
45	New Hair	

WEIGHT TRACKER

Tutorial Weight Loss

**Lucy Beale, Sandy G. Couvillon, Beverly
Donnelley**

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