

UPTO 52 WEEKS



Weight Loss
Fitness Tracker

Overview

Start Date	Jan 01, 2023
End Date	Dec 31, 2023
Total Weight	150
Goal Weight	120

Weight Loss

Week	Date	Weight	Goal	Progress
1	Jan 01, 2023	150	1	1
2	Jan 08, 2023	148	2	2
3	Jan 15, 2023	146	3	3
4	Jan 22, 2023	144	4	4
5	Jan 29, 2023	142	5	5
6	Feb 05, 2023	140	6	6
7	Feb 12, 2023	138	7	7
8	Feb 19, 2023	136	8	8
9	Feb 26, 2023	134	9	9
10	Mar 05, 2023	132	10	10
11	Mar 12, 2023	130	11	11
12	Mar 19, 2023	128	12	12
13	Mar 26, 2023	126	13	13
14	Apr 02, 2023	124	14	14
15	Apr 09, 2023	122	15	15
16	Apr 16, 2023	120	16	16

Milestones

Change	Rewards	Progress
1	1 new Running Shoes	100%
2	1 new Gym Membership	100%
3	1 new Yoga Mat	100%
4	1 new Resistance Bands	100%
5	1 new Protein Shaker	100%
6	1 new Apple Watch	100%
7	1 new Running Watch	100%
8	1 new Running Watch	100%
9	1 new Running Watch	100%
10	1 new Running Watch	100%

T TRACKER

Tutorial Weight Loss

Phillip Z., Z. Phillip

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