**Weekly Weigh In**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| --- | --- | --- | --- | --- | --- | --- |
| **Date** | **Weight** | **Time** **Weighed** | **Lost/Gain** **How Much** | **Total** **Lost** | **% Weight****Lost** | **Notes** |
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