

POUNDS LOST *Tracker*

Make a X or put stickers on each number every time you lose a pound. This will help you visualize your progress and help you in working towards reaching your weight loss goal.

DATE :

STARTING WEIGHT :

TARGET WEIGHT :

A grid of 56 numbered circles arranged in 8 rows and 7 columns. Each circle contains a number from 1 to 56, increasing sequentially from top-left to bottom-right. The circles are light gray with a darker gray center containing the number. A faint watermark of a woman's face is visible in the background of the grid.