WEIGHT LOSS TRACKER

Hackensack Meridian *Health*
KEEP GETTING BETTER

Food Tracker:

TIME	FOOD	AMT.	NOTES

Fitness Tracker:

TIME	ACTIVITY	AMT.	NOTES

WEIGHT LOSS TRACKER

Hackensack Meridian *Health*
KEEP GETTING BETTER

Date:

Goal Weight:

Starting Weight:

DATE	WEIGHT	NOTES/DAILY REFLECTIONS