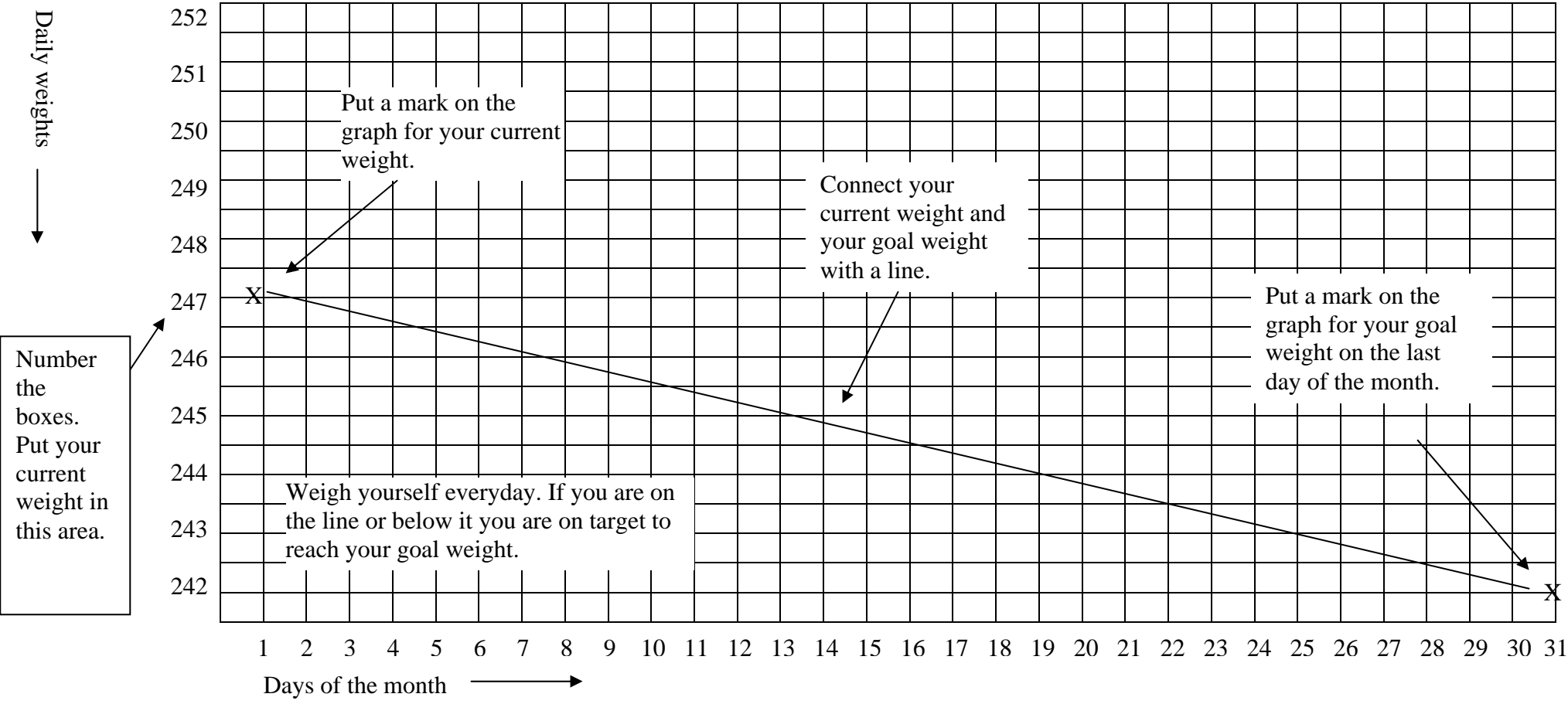


You can be successful with weight loss. Use this graph to plot your daily weight.

For more help with weight loss visit my-weight-loss-advisor.com



1. Put numbers for your weight range along the left side of the chart.
2. Mark your starting weight on day one.
3. Mark your goal weight for the last day of the month on day 31.
4. Then draw a straight line between the points.
5. Put a mark each day for your current weight.
6. If you are on the line or below it you will reach your goal weight!