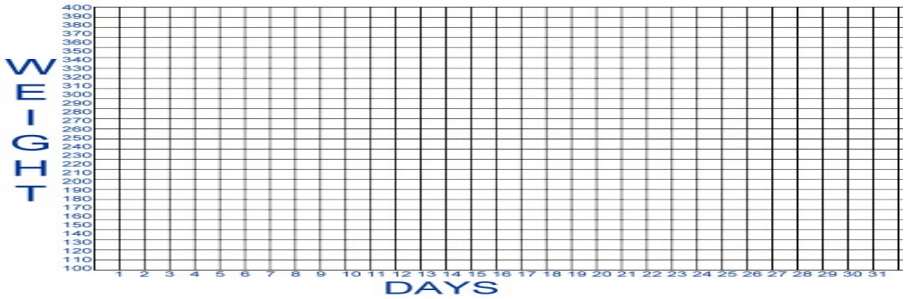
2009 Printable Weight Loss Charts

Month:	Age:	Height: ft. in.

***Your Link to [Weight Loss Food & Calories Calculations]**



Day	Date	Weight lbs	lb's Lost	Tot. lb Lost	Chest in.	Waist inch	Hips inch	Tot. Calories	gm Protein	gm Carb	gm Fat	BF	LBM	BMI	LBM
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