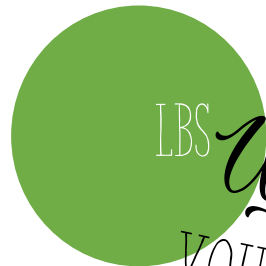


Weight Loss Tracker

WWW.SWEETSOUTHERNGRIT.COM

Starting Weight
LBS



LBS

Goal Weight

YOU DID IT!

Daily Reminders

→ BE KIND TO YOURSELF

→ DRINK ENOUGH WATER

→

→

→

→ 5 POUND REWARD: _____

→ 10 POUND REWARD: _____

→ 15 POUND REWARD: _____

→ 20 POUND REWARD: _____