



[End Of Summer Weigh-In](#)

WEIGH-IN CALENDAR <small>downtown.tumblr.com</small>						
Choose 2-3 days a week to weigh-in, <del>cross out the other days with a big fat X!</del> Keep track of your progress!						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date: Weight:	Date: Weight:	Date: Weight:	Date: Weight:	Date: Weight:	Date: Weight:	Date: Weight:
Date: Weight:	Date: Weight:	Date: Weight:	Date: Weight:	Date: Weight:	Date: Weight:	Date: Weight:
Date: Weight:	Date: Weight:	Date: Weight:	Date: Weight:	Date: Weight:	Date: Weight:	Date: Weight:
Date: Weight:	Date: Weight:	Date: Weight:	Date: Weight:	Date: Weight:	Date: Weight:	Date: Weight:
Date: Weight:	Date: Weight:	Date: Weight:	<b>THIS MONTH'S LOSS TOTAL:</b> .....			

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