Daily Weight Loss Chart (Day #12)

Instructions:

- Write Day #s down the left list. Write the boxed Day #s along the bottom of the graph. Write your weight every day.
- For days with a boxed number, calculate pounds or kgs lost (Today's Weight - Day 1 Weight; your answer will be negative if you've lost weight; Day 1 weight will be 0) and mark that number on the graph on today's line.
- Draw a straight line between your points on the graph.

Day	Date	Weight
	/ /	
	/ /	
	/ /	