

Our Loss Is Their Gain

My 6 month weight loss goal is _____ lbs.

My pledge per individual weight loss is _____ per lb.

My pledge per the collective group loss is _____ per lb.

6 Month Weight Loss Chart

Monthly weight loss to report

Starting weight		
Weight end 1 st month		
Difference		
Weight end 2 nd month		
Difference		
Weight end 3 rd month		
Difference		
Weight end 4 th month		
Difference		
Weight end 5 th month		
Difference		
Weight end 6 th month		
Difference		
Total Weight Loss		

This form is for **your personal use only**.

Please report your weight loss goal to **Joelyn Watt** at **724-224-7854** by **January 10th** and report each month's weight loss by the **10th** of the next month.

Good luck to all in their weight loss efforts!!