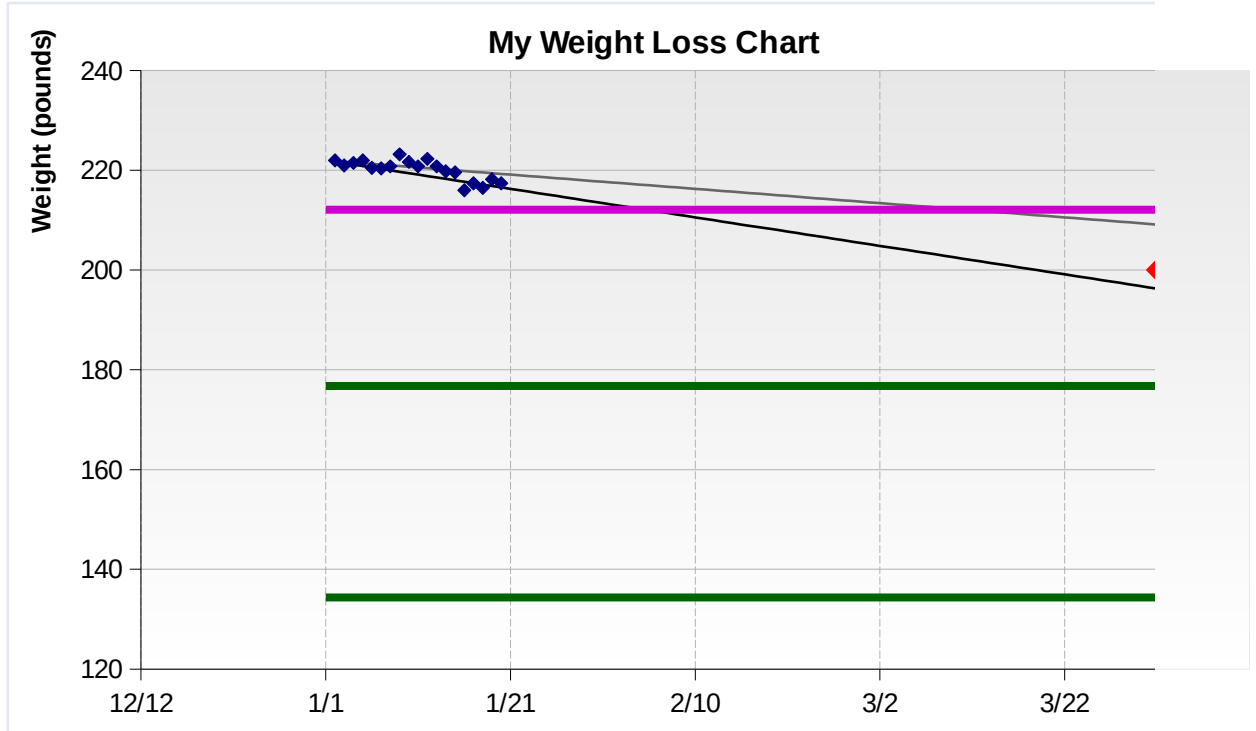


## Weight Loss Chart

Start Weight (lbs): 222  
 Start Date: 1/1/14  
 Start BMI: 31.40

Goal Weight: 200  
 Goal Date: 4/1/14  
 Goal BMI: 28.29

Height (ft)  
 Height (in)



Date	Weight (lbs)	+/-	BMI	1 lb/wk	2 lb/wk
1/2/14	222	0.00	31.40	221.86	221.71
1/3/14	221	-1.00	31.26	221.71	221.43
1/4/14	221.5	-0.50	31.33	221.57	221.14
1/5/14	222	0.00	31.40	221.43	220.86
1/6/14	220.5	-1.50	31.19	221.29	220.57
1/7/14	220.4	-1.60	31.17	221.14	220.29
1/8/14	220.8	-1.20	31.23	221.00	220.00
1/9/14	223.2	1.20	31.57	220.86	219.71
1/10/14	221.7	-0.30	31.36	220.71	219.43
1/11/14	220.8	-1.20	31.23	220.57	219.14
1/12/14	222.3	0.30	31.44	220.43	218.86
1/13/14	220.8	-1.20	31.23	220.29	218.57
1/14/14	219.8	-2.20	31.09	220.14	218.29
1/15/14	219.6	-2.40	31.06	220.00	218.00
1/16/14	216	-6.00	30.55	219.86	217.71
1/17/14	217.4	-4.60	30.75	219.71	217.43
1/18/14	216.5	-5.50	30.62	219.57	217.14
1/19/14	218.2	-3.80	30.86	219.43	216.86

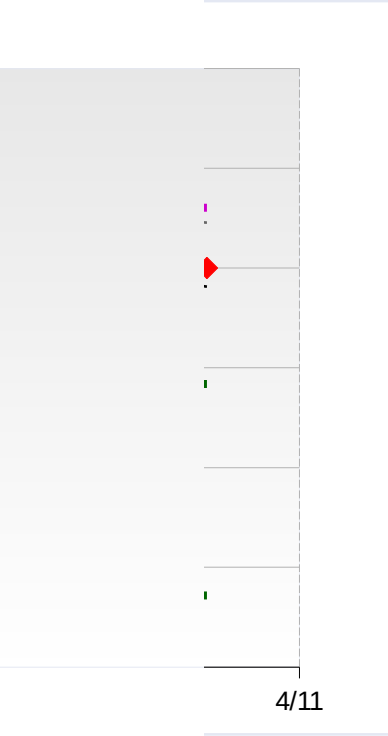
◀ Delete the sa

1/20/14	217.4	-4.60	30.75	219.29	216.57
1/21/14				219.14	216.29
1/22/14				219.00	216.00
1/23/14				218.86	215.71
1/24/14				218.71	215.43
1/25/14				218.57	215.14
1/26/14				218.43	214.86
1/27/14				218.29	214.57
1/28/14				218.14	214.29
1/29/14				218.00	214.00
1/30/14				217.86	213.71
1/31/14				217.71	213.43
2/1/14				217.57	213.14
2/2/14				217.43	212.86
2/3/14				217.29	212.57
2/4/14				217.14	212.29
2/5/14				217.00	212.00
2/6/14				216.86	211.71
2/7/14				216.71	211.43
2/8/14				216.57	211.14
2/9/14				216.43	210.86
2/10/14				216.29	210.57
2/11/14				216.14	210.29
2/12/14				216.00	210.00
2/13/14				215.86	209.71
2/14/14				215.71	209.43
2/15/14				215.57	209.14
2/16/14				215.43	208.86
2/17/14				215.29	208.57
2/18/14				215.14	208.29
2/19/14				215.00	208.00
2/20/14				214.86	207.71
2/21/14				214.71	207.43
2/22/14				214.57	207.14
2/23/14				214.43	206.86
2/24/14				214.29	206.57
2/25/14				214.14	206.29
2/26/14				214.00	206.00
2/27/14				213.86	205.71
2/28/14				213.71	205.43
3/1/14				213.57	205.14
3/2/14				213.43	204.86
3/3/14				213.29	204.57
3/4/14				213.14	204.29
3/5/14				213.00	204.00
3/6/14				212.86	203.71
3/7/14				212.71	203.43
3/8/14				212.57	203.14
3/9/14				212.43	202.86
3/10/14				212.29	202.57
3/11/14				212.14	202.29
3/12/14				212.00	202.00
3/13/14				211.86	201.71
3/14/14				211.71	201.43
3/15/14				211.57	201.14
3/16/14				211.43	200.86

3/17/14	211.29	200.57
3/18/14	211.14	200.29
3/19/14	211.00	200.00
3/20/14	210.86	199.71
3/21/14	210.71	199.43
3/22/14	210.57	199.14
3/23/14	210.43	198.86
3/24/14	210.29	198.57
3/25/14	210.14	198.29
3/26/14	210.00	198.00
3/27/14	209.86	197.71
3/28/14	209.71	197.43
3/29/14	209.57	197.14
3/30/14	209.43	196.86
3/31/14	209.29	196.57
4/1/14	209.14	196.29

◀ Insert new row

5
10 1/2



### To Change the Scale of the Vertical Axis (pounds)

1. Right-click on the vertical axis and go to Format Axis
2. Edit the Minimum and Maximum values, then click OK

ample data in the Weight column

**rows ABOVE this one, then copy formulas down (in columns C-F)**