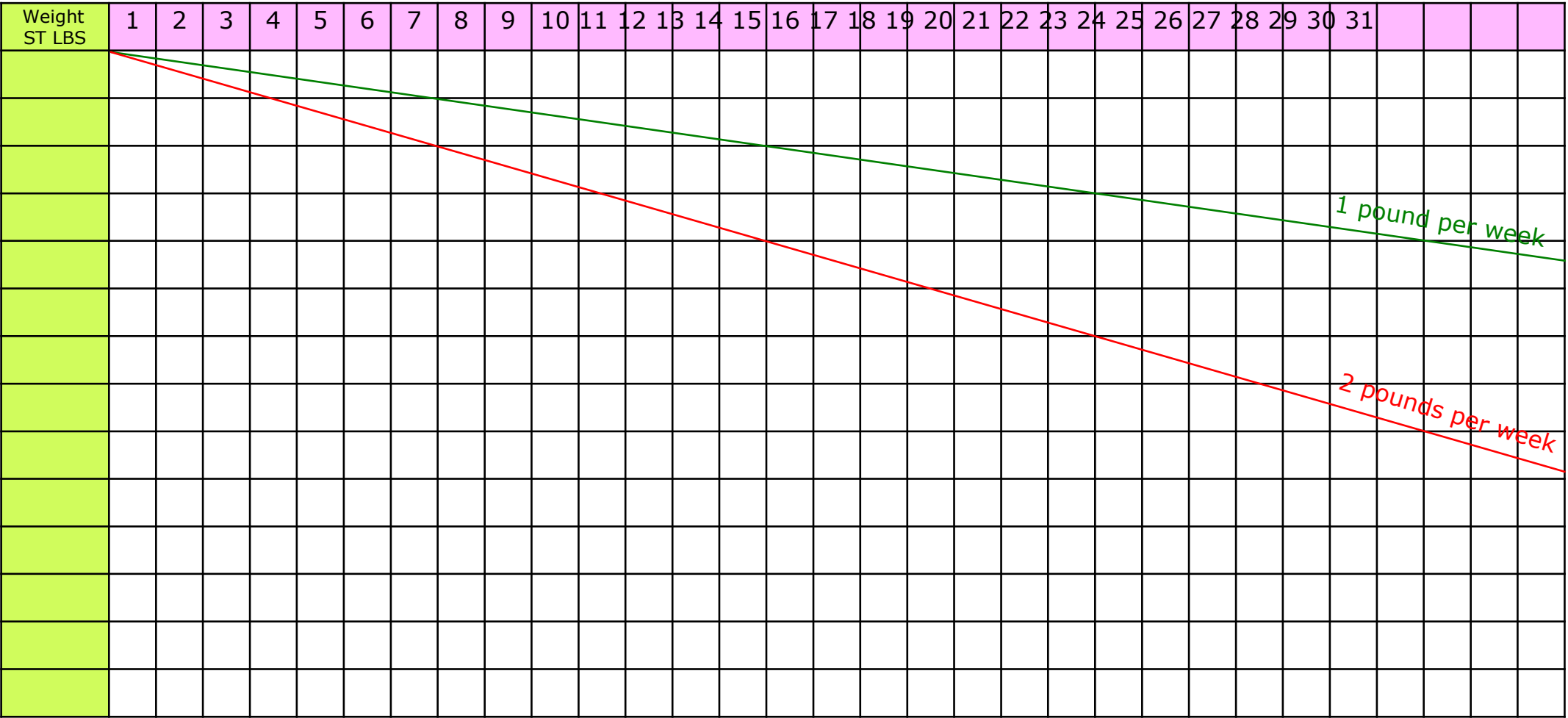




MONTH

# VICTORY VICTORY VICTORY



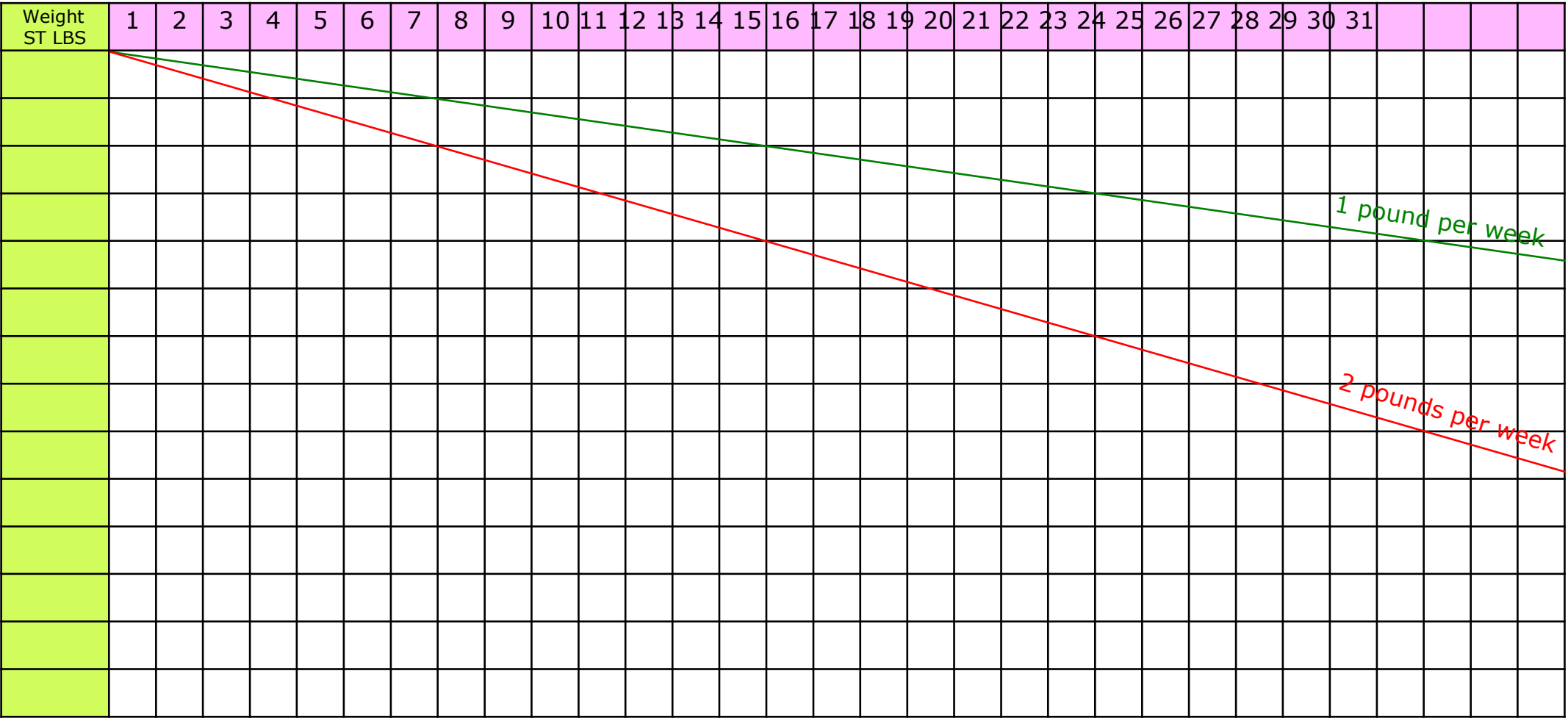
- Each box represents one pound/one day.
- Write your weight on the first of the month in the top green box and insert decreasing pounds all the way down that column.
- Mark a dot in appropriate box at each weighing. Expect zigzags – take an average and compare the angle with the red & green lines.
- Insert motivational picture or statement, or encouragement from family/friends.

Motivation/Encouragement



MONTH

**VICTORY VICTORY VICTORY**



Motivation/Encouragement