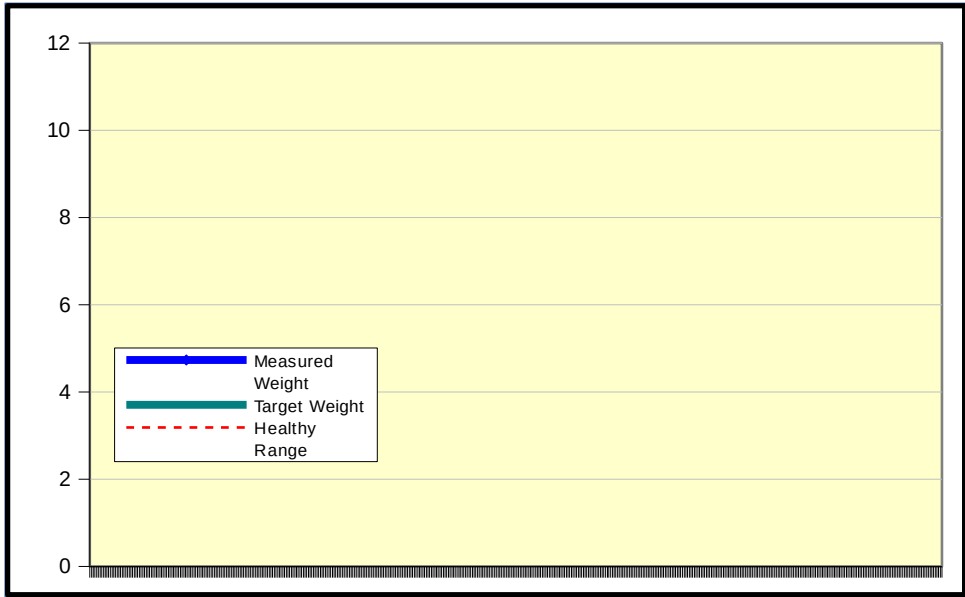


Weight Loss Tracker Chart

Choose units :

inches / lbs



Input Date & Weight Measurements Below :

Note: the BMI results calculations above give a reliable BMI does not take factors such as muscle density into

Date	Weight (lbs)

- Start Date & Start Weight

Input height & target weight :

Height (inches) :	
Target Weight (lbs) :	

Recommended Target Weight Range:

Lower Limit (BMI of 18.5) :
Upper Limit (BMI of 24.9) :

Weight Loss Summary :

Start Weight :	not specified
Start BMI :	n/a
Most Recent Weight :	not specified
Most Recent BMI :	n/a
Loss To Date :	n/a
Target Weight :	n/a
Target BMI :	n/a
Difference :	n/a

able indication of a healthy weight range for most adults. However, consideration, and therefore should not be relied upon in isolation