

**Weight Loss Tracker Template**

Month: \_\_\_\_\_

Date	Arms	Chest	Waist	Hips	Thighs	Calves	Weight

 Pounds Lost:  
 Inches Lost:

 Downloaded from <https://careclinic.io/> - Download the "CareClinic" App for iOS or Android free, scan the QR code below.


OR SCAN THIS QR CODE WITH YOUR PHONE'S CAMERA