

























































# My weight loss and habit tracker

Keep track of your weight, habits and health over a week

## Habits

	MON	TUE	WED	THU	FRI	SAT	SUN
 Take weight loss medication							
 Drink 2.5L water							
 Exercise							
 Walk							
 30g of fiber							
 Protein							
 8 hours of sleep							

Notes from the week