

pounds lost

Name: _____

100 small red circles arranged in a 10x10 grid.



monthly weight in

month	weight	height
1st month		
2nd month		
3rd month		
4th month		
5th month		
6th month		
7th month		
8th month		
9th month		
10th month		
11th month		
12th month		

Goals & Reflections

My Goal _____

How I'll _____

My Why _____

What I'll Do _____

How Often _____

My Overall Goal _____



A worksheet titled "monthly check-in" with a decorative pink border. The title is in a cursive font and is flanked by two small pink heart icons. Below the title is a grid of 12 empty rectangular boxes arranged in 4 rows and 3 columns. Each box has a small pink label in its top-left corner, with the labels reading "Jan", "Feb", "Mar", "Apr", "May", "Jun", "Jul", "Aug", "Sep", "Oct", "Nov", and "Dec" respectively, corresponding to the months of the year.

[illegible]

gophers

Go with the Gopher

Go with the Gopher

Gopher

the ultimate
WEIGHT LOSS
30+ PAGE PLANNER BUNDLE!

	Sept	Oct	Nov	Dec	Jan
Week 1					
Week 2					
Week 3					
Week 4					
Week 5					
Week 6					
Week 7					
Week 8					
Week 9					
Week 10					
Week 11					
Week 12					

[illegible]

playless plates

		
		
		
		

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Before & After

Before

What was your favorite thing to do?

What was your favorite food?

What was your favorite animal?

What was your favorite color?

What was your favorite song?

After

What is your favorite thing to do?

What is your favorite food?

What is your favorite animal?

What is your favorite color?

What is your favorite song?

A weekly meal planner template with a pink header area containing the title "weekly meal planner" in a cursive font. Below the header is a grid with columns labeled "Breakfast", "Lunch", "Dinner", and "Snacks". The grid has 7 rows for each day of the week. On the left side of the grid, there are vertical labels for each day: Sunday, Monday, Tuesday, Wednesday, Thursday, Friday, and Saturday. At the bottom center, there is a small text box that says "© 2018 by The Pink Paper Planner".

Weight Loss Planner

A Gutmann



Weight Loss Planner:

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