

## PROGRESS CHART

Start Date:

End Date:

(Converter: 1kg = 2.2lbs)

Kgs

|     |   |   |   |   |   |    |    |    |    |    |    |    |    |
|-----|---|---|---|---|---|----|----|----|----|----|----|----|----|
| 106 |   |   |   |   |   |    |    |    |    |    |    |    |    |
| 104 |   |   |   |   |   |    |    |    |    |    |    |    |    |
| 102 |   |   |   |   |   |    |    |    |    |    |    |    |    |
| 100 |   |   |   |   |   |    |    |    |    |    |    |    |    |
| 98  |   |   |   |   |   |    |    |    |    |    |    |    |    |
| 96  |   |   |   |   |   |    |    |    |    |    |    |    |    |
| 94  |   |   |   |   |   |    |    |    |    |    |    |    |    |
| 92  |   |   |   |   |   |    |    |    |    |    |    |    |    |
| 90  |   |   |   |   |   |    |    |    |    |    |    |    |    |
| 88  |   |   |   |   |   |    |    |    |    |    |    |    |    |
| 86  |   |   |   |   |   |    |    |    |    |    |    |    |    |
| 84  |   |   |   |   |   |    |    |    |    |    |    |    |    |
| 82  |   |   |   |   |   |    |    |    |    |    |    |    |    |
| 80  |   |   |   |   |   |    |    |    |    |    |    |    |    |
| 78  |   |   |   |   |   |    |    |    |    |    |    |    |    |
| 76  |   |   |   |   |   |    |    |    |    |    |    |    |    |
| 74  |   |   |   |   |   |    |    |    |    |    |    |    |    |
| 72  |   |   |   |   |   |    |    |    |    |    |    |    |    |
| 70  |   |   |   |   |   |    |    |    |    |    |    |    |    |
| 68  |   |   |   |   |   |    |    |    |    |    |    |    |    |
| 66  |   |   |   |   |   |    |    |    |    |    |    |    |    |
| 64  |   |   |   |   |   |    |    |    |    |    |    |    |    |
| 62  |   |   |   |   |   |    |    |    |    |    |    |    |    |
| 60  |   |   |   |   |   |    |    |    |    |    |    |    |    |
| 58  |   |   |   |   |   |    |    |    |    |    |    |    |    |
|     | 1 | 3 | 5 | 7 | 9 | 11 | 13 | 15 | 17 | 19 | 21 | 23 | 25 |

Weeks