





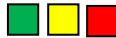













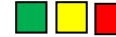



Daily Weight and Zone Chart

Sunday	Date: Weight: Zone: 	Date: Weight: Zone: 	Date: Weight: Zone: 	Date: Weight: Zone: 
Monday	Date: Weight: Zone: 	Date: Weight: Zone: 	Date: Weight: Zone: 	Date: Weight: Zone: 
Tuesday	Date: Weight: Zone: 	Date: Weight: Zone: 	Date: Weight: Zone: 	Date: Weight: Zone: 
Wednesday	Date: Weight: Zone: 	Date: Weight: Zone: 	Date: Weight: Zone: 	Date: Weight: Zone: 
Thursday	Date: Weight: Zone: 	Date: Weight: Zone: 	Date: Weight: Zone: 	Date: Weight: Zone: 
Friday	Date: Weight: Zone: 	Date: Weight: Zone: 	Date: Weight: Zone: 	Date: Weight: Zone: 
Saturday	Date: Weight: Zone: 	Date: Weight: Zone: 	Date: Weight: Zone: 	Date: Weight: Zone: 