

1THRIVE

COMMAND YOUR LIFE

WEIGHTLOSS TRACKER

INSTRUCTIONS • TRACK YOUR PROGRESS BY FILLING IN EACH TIME YOU WEIGH IN.

A weight loss tracker grid consisting of 10 rows and 5 columns of rounded rectangular boxes. The first row starts with the word "START" in the first box. The last row ends with the word "GOAL" in the fifth box. Arrows indicate a path from left to right across each row, and then down to the start of the next row. The path starts at "START", moves right through four boxes, then down to the start of the second row, then left through four boxes, then down to the start of the third row, then right through four boxes, then down to the start of the fourth row, then left through four boxes, then down to the start of the fifth row, then right through four boxes, then down to the start of the sixth row, then left through four boxes, then down to the start of the seventh row, then right through four boxes, then down to the start of the eighth row, then left through four boxes, then down to the start of the ninth row, then right through four boxes, then down to the start of the tenth row, then left through four boxes, then down to the start of the eleventh row, then right through four boxes, ending at "GOAL".

PRINT SETTINGS • SCALE: 100% (NOT "SCALED TO FIT") | SIZE: ACTUAL SIZE

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