

2019 WEIGHT LOSS TRACKER

STARTING WEIGHT

LBS.

DAY 365 WEIGHT

LBS.

POUNDS LOST

....
HOW DID
YOU DO?
....

SHARE
YOUR RESULTS
WITH US

@keynutrients



**KEY
NUTRIENTS**

PURVEYORS OF HEALTH AND HAPPINESS

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<p>• JANUARY •</p> <p>_____</p> <p>LBS.</p>	<p>• FEBRUARY •</p> <p>_____</p> <p>LBS.</p>	<p>• MARCH •</p> <p>_____</p> <p>LBS.</p>
<p>• APRIL •</p> <p>_____</p> <p>LBS.</p>	<p>• MAY •</p> <p>_____</p> <p>LBS.</p>	<p>• JUNE •</p> <p>_____</p> <p>LBS.</p>
<p>• JULY •</p> <p>_____</p> <p>LBS.</p>	<p>• AUGUST •</p> <p>_____</p> <p>LBS.</p>	<p>• SEPTEMBER •</p> <p>_____</p> <p>LBS.</p>
<p>• OCTOBER •</p> <p>_____</p> <p>LBS.</p>	<p>• NOVEMBER •</p> <p>_____</p> <p>LBS.</p>	<p>• DECEMBER •</p> <p>_____</p> <p>LBS.</p>