

Weight Loss Chart

Starting Weight _____

Only record loss or gain if you don't want to reveal actual weight.

Week 1 (1/11/10)	Week 2	Week 3	Week 4	Week 5	Week 6
weight or result	weight or result	weight or result	weight or result	weight or result	weight or result
Week 7	Week 8	Week 9	Week 10	Week 11	Week 12 (4/5/10)
weight or result	weight or result	weight or result	weight or result	weight or result	weight or result

Final weight result must be reported to Brian Coles on or before April 1, 2010 to be eligible for the \$100 prize.

Total pounds lost _____

I certify that I did not use diets that are not approved for this program.

Participant: _____ **Date:** _____

Nutrition Chart

Place an x in the box for each day you meet the goal.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
Day 1										
Day 2										
Day 3										
Day 4										
Day 5										

Return booklet to Brian Coles when completed

Begins Jan 11, 2010

Ends April 5, 2010