WEIGHT RECORD

Name: _____

NAME	JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
2008	200	198	200	201								
OR BY WEEK												
Wk 1						198						
Wk 2						199						
Wk 3						200						
Wk 4						205						
Wk 5						200						