Thrive with Isabelle™

Healthy Eating, Built for Life.

Weight Loss Chart

Day	Date	Weight	Day	Date	Weight
Monday			**Monday**		
Tuesday			Tuesday		
Wed			Wed		
Thursday			Thursday		
Friday			Friday		
Saturday			Saturday		
Sunday			Sunday		
Monday			**Monday**		
Tuesday			Tuesday		
Wed			Wed		
Thursday			Thursday		
Friday			Friday		
Saturday			Saturday		
Sunday			Sunday		
Monday			**Monday**		
Tuesday			Tuesday		
Wed			Wed		
Thursday			Thursday		
Friday			Friday		
Saturday			Saturday		
Sunday			Sunday		
Monday			**Monday**		
Tuesday			Tuesday		
Wed			Wed		
Thursday			Thursday		
Friday			Friday		
Saturday			Saturday		
Sunday			Sunday		

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