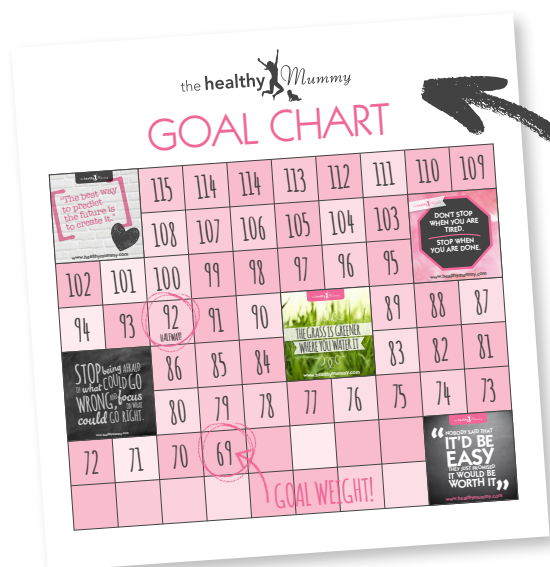


GOAL CHART

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YOU CAN DO THIS!

- Use this chart to track your weight loss achievements or measurements.
- Write your start weight or cm in the first square and then fill in every square after, up to your goal figure.
- When you do your weekly weigh in or measurements, cross off the squares to show how far you've come.

For more motivation and goal setting look out for the Healthy Mummy 2017 Planner. Coming Soon!