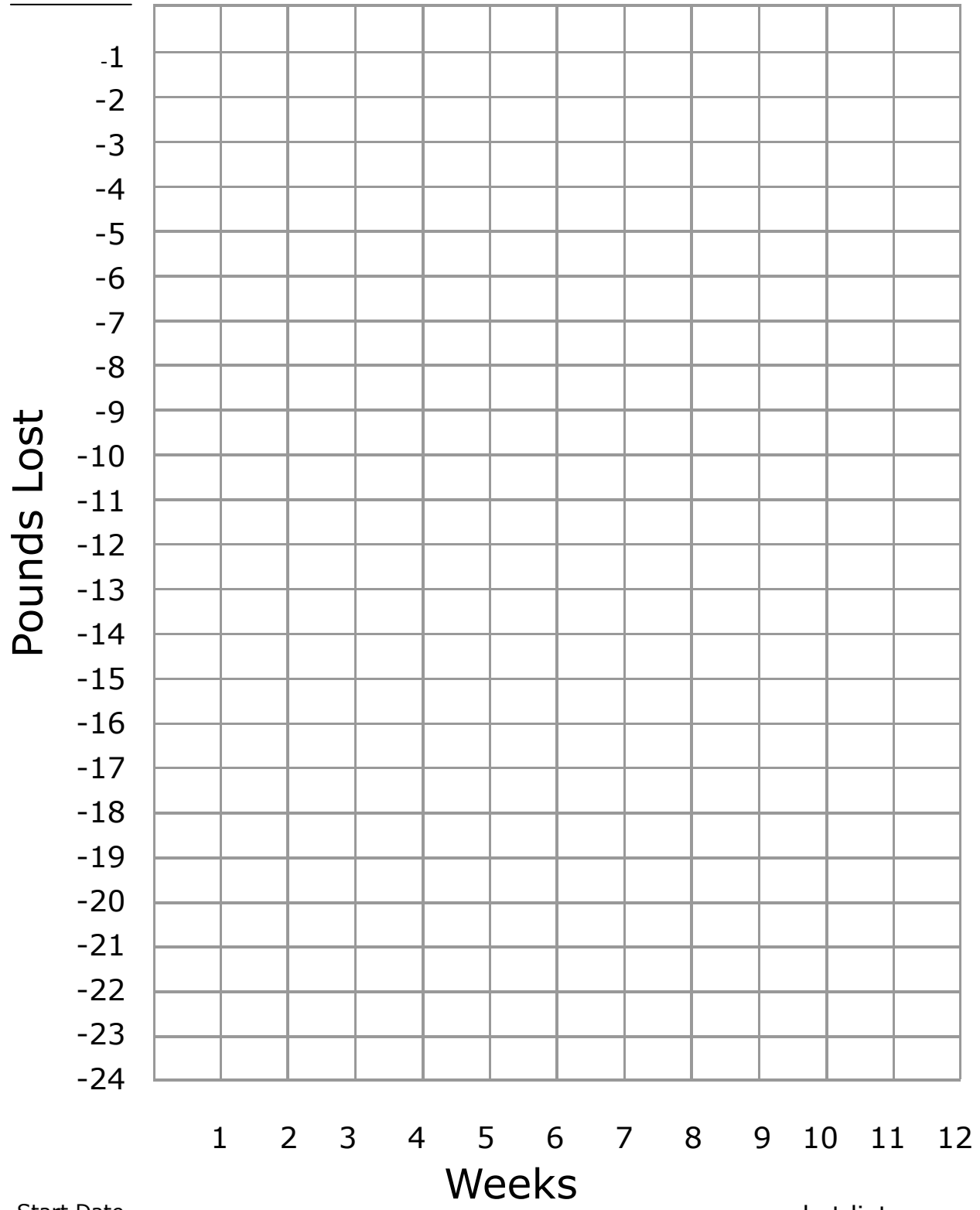


# 12-Week Pocket Diet Weight Loss Tracker

Enter your Starting Weight Here  
↓

Remember that the best long-term weight loss strategy is achieved by combining both good nutrition with an ongoing fitness program. Visit [www.pocketdiet.com](http://www.pocketdiet.com) for information and support.



Start Date \_\_\_\_\_

[www.pocketdiet.com](http://www.pocketdiet.com)