

# Weight

Month	Day	Weight	+/-	Change
January	1 <sup>st</sup>	lbs		lbs
January	16 <sup>th</sup>	lbs		lbs
February	1 <sup>st</sup>	lbs		lbs
February	16 <sup>th</sup>	lbs		lbs
March	1 <sup>st</sup>	lbs		lbs
March	16 <sup>th</sup>	lbs		lbs
April	1 <sup>st</sup>	lbs		lbs
April	16 <sup>th</sup>	lbs		lbs
May	1 <sup>st</sup>	lbs		lbs
May	16 <sup>th</sup>	lbs		lbs
June	1 <sup>st</sup>	lbs		lbs
June	16 <sup>th</sup>	lbs		lbs
July	1 <sup>st</sup>	lbs		lbs
July	16 <sup>th</sup>	lbs		lbs
August	1 <sup>st</sup>	lbs		lbs
August	16 <sup>th</sup>	lbs		lbs
September	1 <sup>st</sup>	lbs		lbs
September	16 <sup>th</sup>	lbs		lbs
October	1 <sup>st</sup>	lbs		lbs
October	16 <sup>th</sup>	lbs		lbs
November	1 <sup>st</sup>	lbs		lbs
November	16 <sup>th</sup>	lbs		lbs
December	1 <sup>st</sup>	lbs		lbs
December	16 <sup>th</sup>	lbs		lbs