

Weight

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