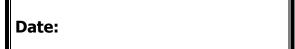
WEEKLY WEIGHT LOG:

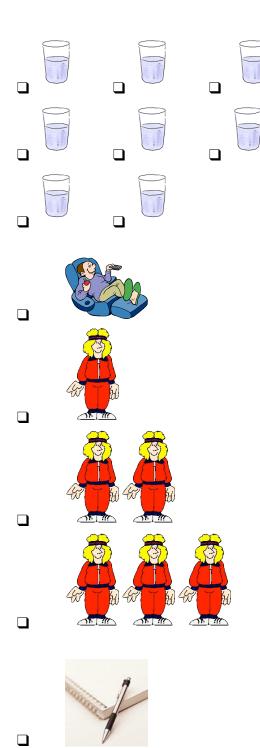
This log is meant to help you keep track of your weight loss. Notice that there is only enough space to weigh yourself once a week. We firmly believe that if the scale measured your self-confidence, only then would it be worth checking every day.

Starting Weight:	 Starting BMI:	-

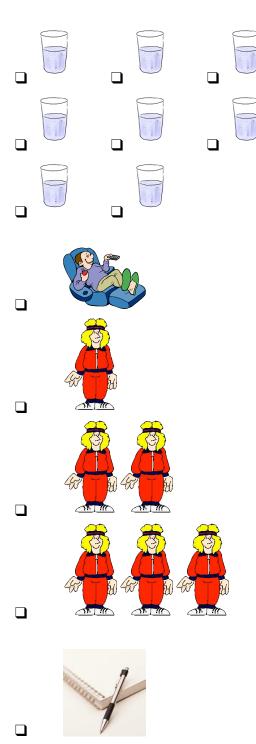
Weeks post op:	Date:	BMI	Weight:	Total weight lost:
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27 28 29 30 31 31 32 33 33 34 35 36 37 38 39 40 41 42 43 44 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59	Weeks post-op:	Date:	BMI:	Weight:	Total weight lost:
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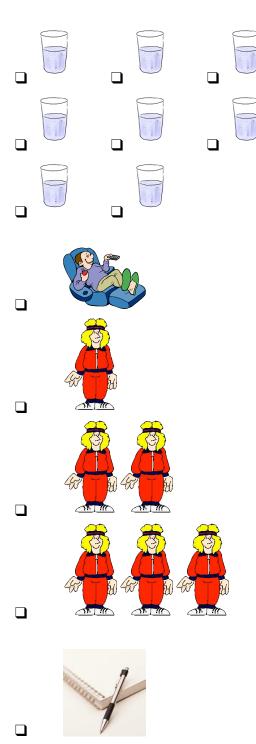




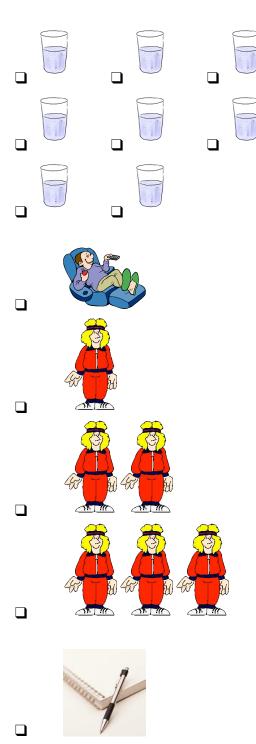
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	☐ 500 mg Calcium Citrate	
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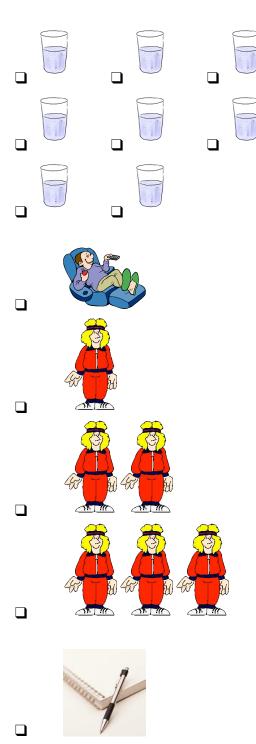
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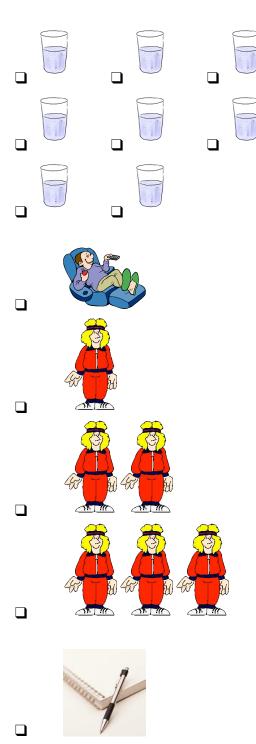
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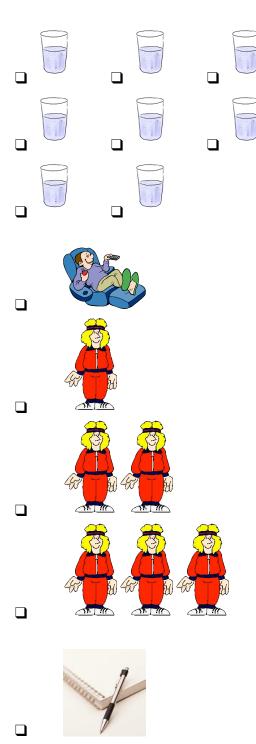
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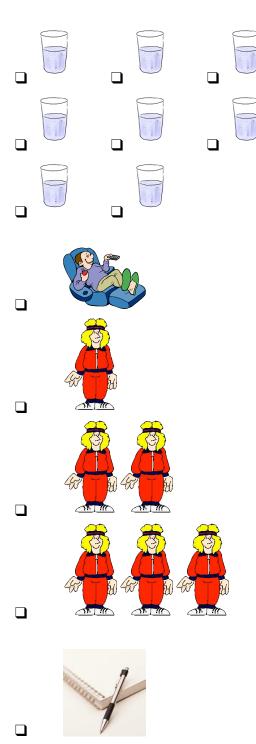
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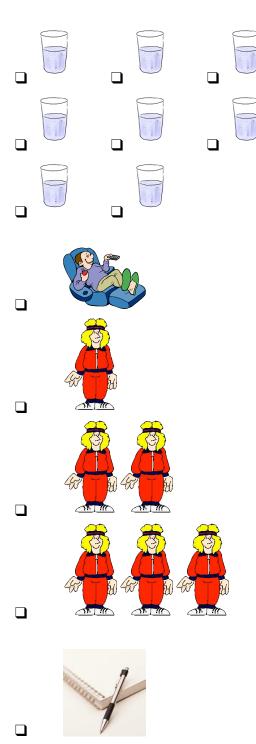
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