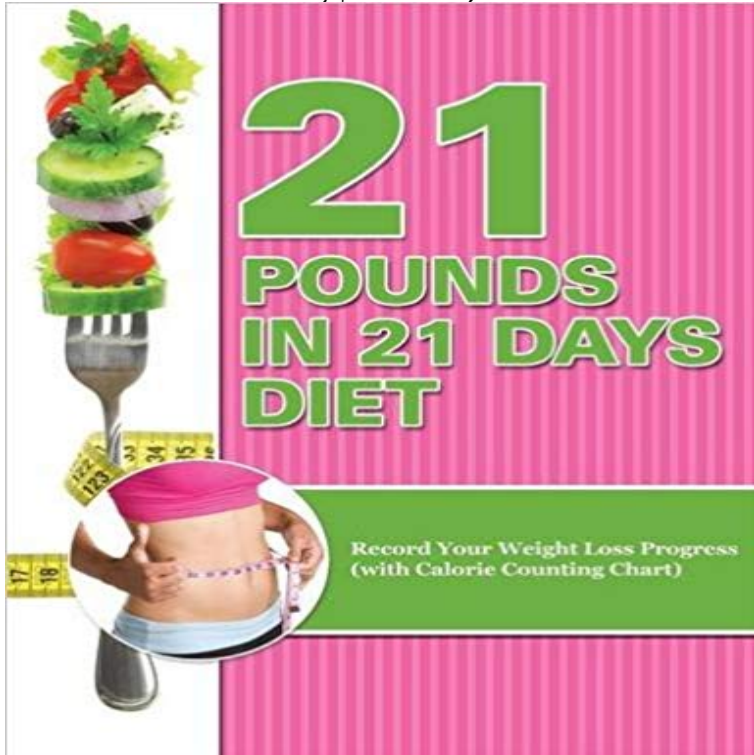


## 21 Pounds in 21 Days Diet: Record Your Weight Loss Progress (with Calorie Counting Chart)



Treat your weight loss tracker as your best friend and confidant. Write down your goals in terms of calories and body statistics. Write, too, about the definitive steps you plan to take in order to realize your goals. Lastly, write about the actual meals and their calories so you know which to eat again and which not.

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