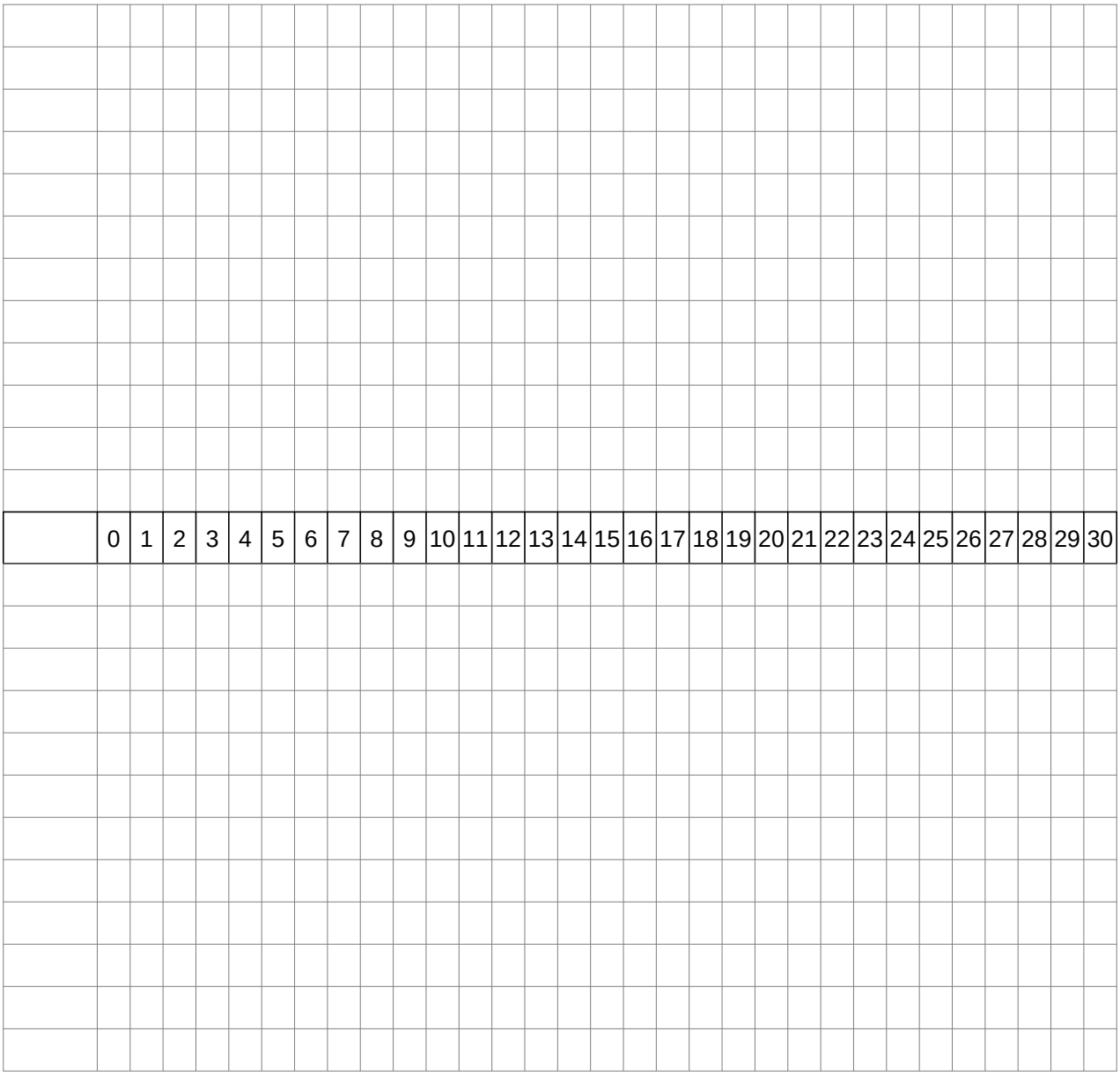
30-Day Weight Loss & Waist Loss Graph

Instructions: Plot one point per day and connect the dots. Upper section = body weight (lbs). Lower section = waist size. Days (0–30) are shown in the middle.



Top Section: Body Weight (lbs)

Bottom Section: Waist Size

Write your own Y-axis scales on the left for weight and waist based on your starting measurements.