

Here's your next year's weight-loss plan: Write it out

Month 1: Starting Weight: _____ - 1 = _____

Month 2: Starting Weight: _____ - 2 = _____

Month 3: Starting Weight: _____ - 3 = _____

Month 4: Starting Weight: _____ - 4 = _____

Month 5: Starting Weight: _____ - 5 = _____

Month 6: Starting Weight: _____ - 6 = _____

Month 7: Starting Weight: _____ - 7 = _____

Month 8: Starting Weight: _____ - 8 = _____

Month 9: Starting Weight: _____ - 9 = _____

Month 10: Starting Weight: _____ - 10 = _____

Month 11: Starting Weight: _____ - 11 = _____

Month 12: Starting Weight: _____ - 12 = _____

End of Year 1 Weight:

Starting Weight _____ - 12 = _____

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