

TOPS 2009 Weekly Goal Calendar

JANUARY

S	M	T	W	T	F	S	Loss
				1	2	3	___
4	5	6	7	8	9	10	___
11	12	13	14	15	16	17	___
18	19	20	21	22	23	24	___
25	26	27	28	29	30	31	___

Target Weight Loss _____ Actual Weight Loss _____

FEBRUARY

S	M	T	W	T	F	S	Loss
1	2	3	4	5	6	7	___
8	9	10	11	12	13	14	___
15	16	17	18	19	20	21	___
22	23	24	25	26	27	28	___

Target Weight Loss _____ Actual Weight Loss _____

MARCH

S	M	T	W	T	F	S	Loss
1	2	3	4	5	6	7	___
8	9	10	11	12	13	14	___
15	16	17	18	19	20	21	___
22	23	24	25	26	27	28	___
29	30	31					___

Target Weight Loss _____ Actual Weight Loss _____

APRIL

S	M	T	W	T	F	S	Loss
			1	2	3	4	___
5	6	7	8	9	10	11	___
12	13	14	15	16	17	18	___
19	20	21	22	23	24	25	___
26	27	28	29	30			___

Target Weight Loss _____ Actual Weight Loss _____

MAY

S	M	T	W	T	F	S	Loss
					1	2	___
3	4	5	6	7	8	9	___
10	11	12	13	14	15	16	___
17	18	19	20	21	22	23	___
24	25	26	27	28	29	30	___
31							___

Target Weight Loss _____ Actual Weight Loss _____

JUNE

S	M	T	W	T	F	S	Loss
	1	2	3	4	5	6	___
7	8	9	10	11	12	13	___
14	15	16	17	18	19	20	___
21	22	23	24	25	26	27	___
28	29	30					___

Target Weight Loss _____ Actual Weight Loss _____

JULY

S	M	T	W	T	F	S	Loss
			1	2	3	4	___
5	6	7	8	9	10	11	___
12	13	14	15	16	17	18	___
19	20	21	22	23	24	25	___
26	27	28	29	30	31		___

Target Weight Loss _____ Actual Weight Loss _____

AUGUST

S	M	T	W	T	F	S	Loss
						1	___
2	3	4	5	6	7	8	___
9	10	11	12	13	14	15	___
16	17	18	19	20	21	22	___
23	24	25	26	27	28	29	___
30	31						___

Target Weight Loss _____ Actual Weight Loss _____

SEPTEMBER

S	M	T	W	T	F	S	Loss
		1	2	3	4	5	___
6	7	8	9	10	11	12	___
13	14	15	16	17	18	19	___
20	21	22	23	24	25	26	___
27	28	29	30				___

Target Weight Loss _____ Actual Weight Loss _____

OCTOBER

S	M	T	W	T	F	S	Loss
				1	2	3	___
4	5	6	7	8	9	10	___
11	12	13	14	15	16	17	___
18	19	20	21	22	23	24	___
25	26	27	28	29	30	31	___

Target Weight Loss _____ Actual Weight Loss _____

NOVEMBER

S	M	T	W	T	F	S	Loss
1	2	3	4	5	6	7	___
8	9	10	11	12	13	14	___
15	16	17	18	19	20	21	___
22	23	24	25	26	27	28	___
29	30						___

Target Weight Loss _____ Actual Weight Loss _____

DECEMBER

S	M	T	W	T	F	S	Loss
		1	2	3	4	5	___
6	7	8	9	10	11	12	___
13	14	15	16	17	18	19	___
20	21	22	23	24	25	26	___
27	28	29	30	31			___

Target Weight Loss _____ Actual Weight Loss _____