

TOPS 2010 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		_____						