

WEIGHT TRACKER



START DATE -

END DATE -

The diagram shows a 4x4 grid of empty rounded rectangles. Arrows indicate a path starting from the top-right cell (row 1, column 4), moving left to the bottom-right cell (row 4, column 4), then up to the top-left cell (row 1, column 1), and finally right to the bottom-left cell (row 4, column 1). The arrows are colored brown for the first step and teal for the rest.

NOTES