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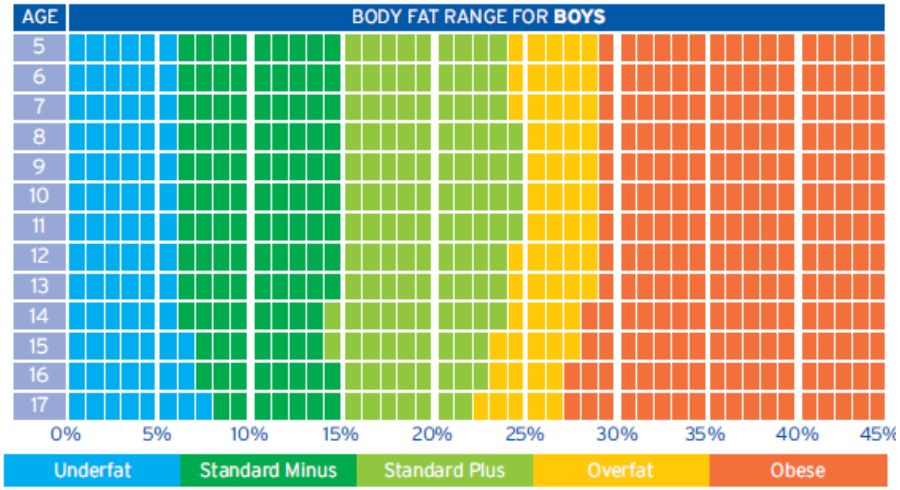
Weight and Body Fat Monitoring Chart

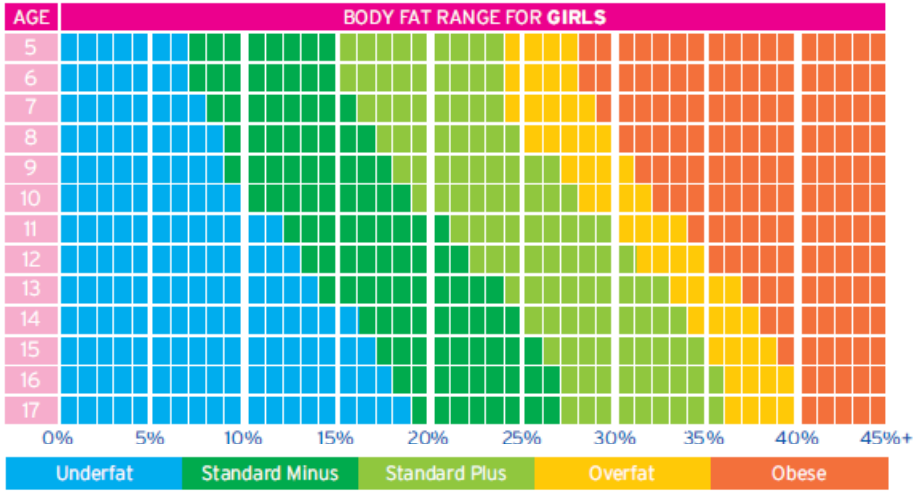
Name: .....

Date	Time	Weight	Body Fat (%)

Date	Time	Weight	Body Fat (%)

Date	Time	Weight	Body Fat (%)





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