

2016 Weight Loss Calendar January 2016

Date	Wt.	Date	Wt.	Date	Wt.
2016-01-01 Friday		2016-01-15 Friday		2016-01-29 Friday	
2016-01-02 Saturday		2016-01-16 Saturday		2016-01-31 Saturday	
2016-01-03 Sunday		2016-01-17 Sunday			
2016-01-04 Monday		2016-01-18 Monday			
2016-01-05 Tuesday		2016-01-19 Tuesday			
2016-01-06 Wednesday		2016-01-20 Wednesday			
2016-01-07 Thursday		2016-01-21 Thursday			
2016-01-08 Friday		2016-01-22 Friday			
2016-01-09 Saturday		2016-01-23 Saturday			
2016-01-10 Sunday		2016-01-24 Sunday			
2016-01-11 Monday		2016-01-25 Monday			
2016-01-12 Tuesday		2016-01-26 Tuesday			
2016-01-13 Wednesday		2016-01-27 Wednesday			
2016-01-14 Thursday		2016-01-28 Thursday			

February 2016

Date	Wt.	Date	Wt.	Date	Wt.
2016-02-01 Monday		2016-02-15 Monday		2016-02-29 Monday	
2016-02-02 Tuesday		2016-02-16 Tuesday			
2016-02-03 Wednesday		2016-02-17 Wednesday			
2016-02-04 Thursday		2016-02-18 Thursday			
2016-02-05 Friday		2016-02-19 Friday			
2016-02-06 Saturday		2016-02-20 Saturday			
2016-02-07 Sunday		2016-02-21 Sunday			
2016-02-08 Monday		2016-02-22 Monday			
2016-02-09 Tuesday		2016-02-23 Tuesday			
2016-02-10 Wednesday		2016-02-24 Wednesday			
2016-02-11 Thursday		2016-02-25 Thursday			
2016-02-12 Friday		2016-02-26 Friday			
2016-02-13 Saturday		2016-02-27 Saturday			
2016-02-14 Sunday		2016-02-28 Sunday			

March 2016

Date	Wt.	Date	Wt.	Date	Wt.
2016-03-01 Tuesday		2016-03-15 Tuesday		2016-03-29 Tuesday	
2016-03-02 Wednesday		2016-03-16 Wednesday		2016-03-30 Wednesday	
2016-03-03 Thursday		2016-03-17 Thursday		2016-03-31 Thursday	
2016-03-04 Friday		2016-03-18 Friday			
2016-03-05 Saturday		2016-03-19 Saturday			
2016-03-06 Sunday		2016-03-20 Sunday			
2016-03-07 Monday		2016-03-21 Monday			
2016-03-08 Tuesday		2016-03-22 Tuesday			
2016-03-09 Wednesday		2016-03-23 Wednesday			
2016-03-10 Thursday		2016-03-24 Thursday			
2016-03-11 Friday		2016-03-25 Friday			
2016-03-12 Saturday		2016-03-26 Saturday			
2016-03-13 Sunday		2016-03-27 Sunday			
2016-03-14 Monday		2016-03-29 Monday			

April 2016

Date	Wt.	Date	Wt.	Date	Wt.
2016-04-01 Friday		2016-04-15 Friday		2016-04-29 Friday	
2016-04-02 Saturday		2016-04-16 Saturday		2016-04-30 Saturday	
2016-04-03 Sunday		2016-04-17 Sunday			
2016-04-04 Monday		2016-04-18 Monday			
2016-04-05 Tuesday		2016-04-19 Tuesday			
2016-04-06 Wednesday		2016-04-20 Wednesday			
2016-04-07 Thursday		2016-04-21 Thursday			
2016-04-08 Friday		2016-04-22 Friday			
2016-04-09 Saturday		2016-04-23 Saturday			
2016-05-10 Sunday		2016-04-24 Sunday			
2016-04-11 Monday		2016-04-25 Monday			
2016-04-12 Tuesday		2016-04-26 Tuesday			
2016-04-13 Wednesday		2016-04-27 Wednesday			
2016-04-14 Thursday		2016-04-28 Thursday			

May 2016

Date	Wt.	Date	Wt.	Date	Wt.
2016-05-01 Sunday		2016-05-15 Sunday		2016-05-29 Sunday	
2016-05-02 Monday		2016-05-16 Monday		2016-05-30 Monday	
2016-05-03 Tuesday		2016-05-17 Tuesday		2016-05-31 Tuesday	
2016-05-04 Wednesday		2016-05-18 Wednesday			
2016-05-05 Thursday		2016-05-19 Thursday			
2016-05-06 Friday		2016-05-20 Friday			
2016-05-07 Saturday		2016-05-21 Saturday			
2016-05-08 Sunday		2016-05-22 Sunday			
2016-05-09 Monday		2016-05-23 Monday			
2016-05-10 Tuesday		2016-05-24 Tuesday			
2016-05-11 Wednesday		2016-05-25 Wednesday			
2016-05-12 Thursday		2016-05-26 Thursday			
2016-05-13 Friday		2016-05-27 Friday			
2016-05-14 Saturday		2016-05-28 Saturday			

June 2016

Date	Wt.	Date	Wt.	Date	Wt.
2016-06-01 Wednesday		2016-06-15 Wednesday		2016-06-29 Wednesday	
2016-06-02 Thursday		2016-06-16 Thursday		2016-06-30 Thursday	
2016-06-03 Friday		2016-06-17 Friday			
2016-06-04 Saturday		2016-06-18 Saturday			
2016-06-05 Sunday		2016-06-19 Sunday			
2016-06-06 Monday		2016-06-20 Monday			
2016-06-07 Tuesday		2016-06-21 Tuesday			
2016-06-08 Wednesday		2016-06-22 Wednesday			
2016-06-09 Thursday		2016-06-23 Thursday			
2016-06-10 Friday		2016-06-24 Friday			
2016-06-11 Saturday		2016-06-25 Saturday			
2016-06-12 Sunday		2016-06-26 Sunday			
2016-06-13 Monday		2016-06-27 Monday			
2016-06-14 Tuesday		2016-06-28 Tuesday			

July 2016

Date	Wt.	Date	Wt.	Date	Wt.
2016-07-01 Friday		2016-07-15 Friday		2016-07-29 Friday	
2016-07-02 Saturday		2016-07-16 Saturday		2016-07-30 Saturday	
2016-07-03 Sunday		2016-07-17 Sunday		2016-07-31 Sunday	
2016-07-04 Monday		2016-07-18 Monday			
2016-07-05 Tuesday		2016-07-19 Tuesday			
2016-07-06 Wednesday		2016-07-20 Wednesday			
2016-07-07 Thursday		2016-07-21 Thursday			
2016-07-08 Friday		2016-07-22 Friday			
2016-07-09 Saturday		2016-07-23 Saturday			
2016-07-10 Sunday		2016-07-24 Sunday			
2016-07-11 Monday		2016-07-25 Monday			
2016-07-12 Tuesday		2016-07-26 Tuesday			
2016-07-13 Wednesday		2016-07-27 Wednesday			
2016-07-14 Thursday		2016-07-28 Thursday			

August 2016

Date	Wt.	Date	Wt.	Date	Wt.
2016-08-01 Monday		2016-08-15 Monday		2016-08-29 Monday	
2016-08-02 Tuesday		2016-08-16 Tuesday		2016-08-30 Tuesday	
2016-08-03 Wednesday		2016-08-17 Wednesday		2016-08-31 Wednesday	
2016-08-04 Thursday		2016-08-18 Thursday			
2016-08-05 Friday		2016-08-19 Friday			
2016-08-06 Saturday		2016-08-20 Saturday			
2016-08-07 Sunday		2016-08-21 Sunday			
2016-08-08 Monday		2016-08-22 Monday			
2016-08-09 Tuesday		2016-08-23 Tuesday			
2016-08-10 Wednesday		2016-08-24 Wednesday			
2016-08-11 Thursday		2016-08-25 Thursday			
2016-08-12 Friday		2016-08-26 Friday			
2016-08-13 Saturday		2016-08-27 Saturday			
2016-08-14 Sunday		2016-08-28 Sunday			

September 2016

Date	Wt.	Date	Wt.	Date	Wt.
2016-09-01 Thursday		2016-09-15 Thursday		2016-09-29 Thursday	
2016-09-02 Friday		2016-09-16 Friday		2016-09-30 Friday	
2016-09-03 Saturday		2016-09-17 Saturday			
2016-09-04 Sunday		2016-09-18 Sunday			
2016-09-05 Monday		2016-09-19 Monday			
2016-09-06 Tuesday		2016-09-20 Tuesday			
2016-09-07 Wednesday		2016-09-21 Wednesday			
2016-09-08 Thursday		2016-09-22 Thursday			
2016-09-09 Friday		2016-09-23 Friday			
2016-09-10 Saturday		2016-09-24 Saturday			
2016-09-11 Sunday		2016-09-25 Sunday			
2016-09-12 Monday		2016-09-26 Monday			
2016-09-13 Tuesday		2016-09-27 Tuesday			
2016-09-14 Wednesday		2016-09-28 Wednesday			

October 2016

Date	Wt.	Date	Wt.	Date	Wt.
2016-10-01 Saturday		2016-10-15 Saturday		2016-10-29 Saturday	
2016-10-02 Sunday		2016-10-16 Sunday		2016-10-30 Sunday	
2016-10-03 Monday		2016-10-17 Monday		2016-10-31 Monday	
2016-10-04 Tuesday		2016-10-18 Tuesday			
2016-10-05 Wednesday		2016-10-19 Wednesday			
2016-10-06 Thursday		2016-10-20 Thursday			
2016-10-07 Friday		2016-10-21 Friday			
2016-10-08 Saturday		2016-10-22 Saturday			
2016-10-09 Sunday		2016-10-23 Sunday			
2016-10-10 Monday		2016-10-24 Monday			
2016-10-11 Tuesday		2016-10-25 Tuesday			
2016-10-12 Wednesday		2016-10-26 Wednesday			
2016-10-13 Thursday		2016-10-27 Thursday			
2016-10-14 Friday		2016-10-28 Friday			

November 2016

Date	Wt.	Date	Wt.	Date	Wt.
2016-11-01 Tuesday		2016-11-15 Tuesday		2016-11-29 Tuesday	
2016-11-02 Wednesday		2016-11-16 Wednesday		2016-11-30 Wednesday	
2016-11-03 Thursday		2016-11-17 Thursday			
2016-11-04 Friday		2016-11-18 Friday			
2016-11-05 Saturday		2016-11-19 Saturday			
2016-11-06 Sunday		2016-11-20 Sunday			
2016-11-07 Monday		2016-11-21 Monday			
2016-11-08 Tuesday		2016-11-22 Tuesday			
2016-11-09 Wednesday		2016-11-23 Wednesday			
2016-11-10 Thursday		2016-11-24 Thursday			
2016-11-11 Friday		2016-11-25 Friday			
2016-11-12 Saturday		2016-11-26 Saturday			
2016-11-13 Sunday		2016-11-27 Sunday			
2016-11-14 Monday		2016-11-28 Monday			

December 2016

Date	Wt.	Date	Wt.	Date	Wt.
2016-12-01 Thursday		2016-12-15 Thursday		2016-12-29 Thursday	
2016-12-02 Friday		2016-12-16 Friday		2016-12-30 Friday	
2016-12-03 Saturday		2016-12-17 Saturday		2016-12-31 Saturday	
2016-12-04 Sunday		2016-12-18 Sunday			
2016-12-05 Monday		2016-12-19 Monday			
2016-12-06 Tuesday		2016-12-20 Tuesday			
2016-12-07 Wednesday		2016-12-21 Wednesday			
2016-12-08 Thursday		2016-12-22 Thursday			
2016-12-09 Friday		2016-12-23 Friday			
2016-12-10 Saturday		2016-12-24 Saturday			
2016-12-11 Sunday		2016-12-25 Sunday			
2016-12-12 Monday		2016-12-26 Monday			
2016-12-13 Tuesday		2016-12-27 Tuesday			
2016-12-14 Wednesday		2016-12-28 Wednesday			