

MONTH	SNAIL 1LB	TURTLE 2LBS	SHARK 3LBS	WEEKLY TOTAL
APRIL				
28TH	1	2	3	
MAY 5TH	1	2	3	
12TH	1	2	3	
19TH	1	2	3	
26TH	1	2	3	
JUNE 2ND	1	2	3	
9TH	1	2	3	
16TH	1	2	3	
23RD	1	2	3	
30TH	1	2	3	
JULY 4TH	1	2	3	
TOTAL	11	20	33	TOTAL:

***Circle your loss each week and put it in the weekly total and then add it up- What's your total going to be by July 4th. It's amazing what you can do and what you are capable of when you put your mind to it.**