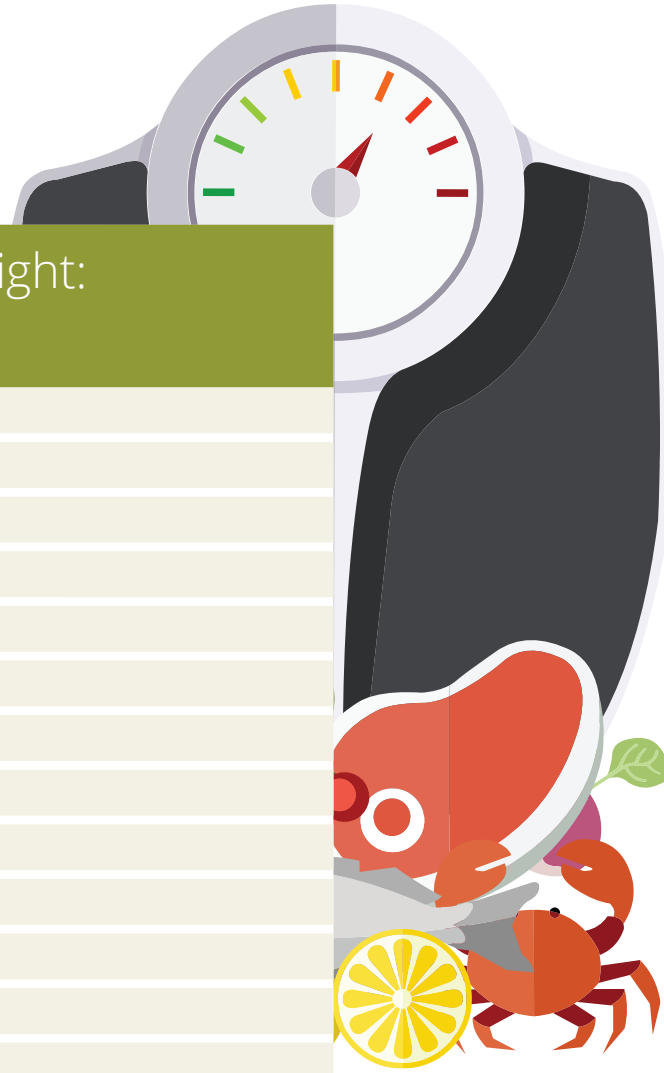
Tracking my body weight

Indicate if you are retaining fluids around the belly, legs, or joints when you measure your weight!



Date:		Body Weight: