



Feminine Fit Blog

Daily Fitness, Nutrition, and
Weight Loss Tips For Women



Your Weight-Loss Graph

Weight Loss Vs. Weeks On Program

	1	2	3	4	5	5	7	8	9	10	11	12	13	14	15	16	17	18	19	20
+4																				
+2																				
0																				
-2																				
-4																				
-6																				
-8																				
-10																				
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-34																				
-36																				