



**Pound Plunge Salina 2011
Weekly Weigh-in Sheet**

Participant Name: _____

Participant Number:

	Date	Stamp/Initials
Initial Weight	9/10/11	
Week 1	9/21/11	
Week 2	9/28/11	
Week 3	10/5/11	
Week 4	10/12/11	
Week 5	10/19/11	
Week 6	10/26/11	
Week 7	11/2/11	
Week 8	11/9/11	
Week 9	11/16/11	
Week 10	11/23/11	
Week 11	11/30/11	
Week 12 (Final Weigh-in)	12/10/11	