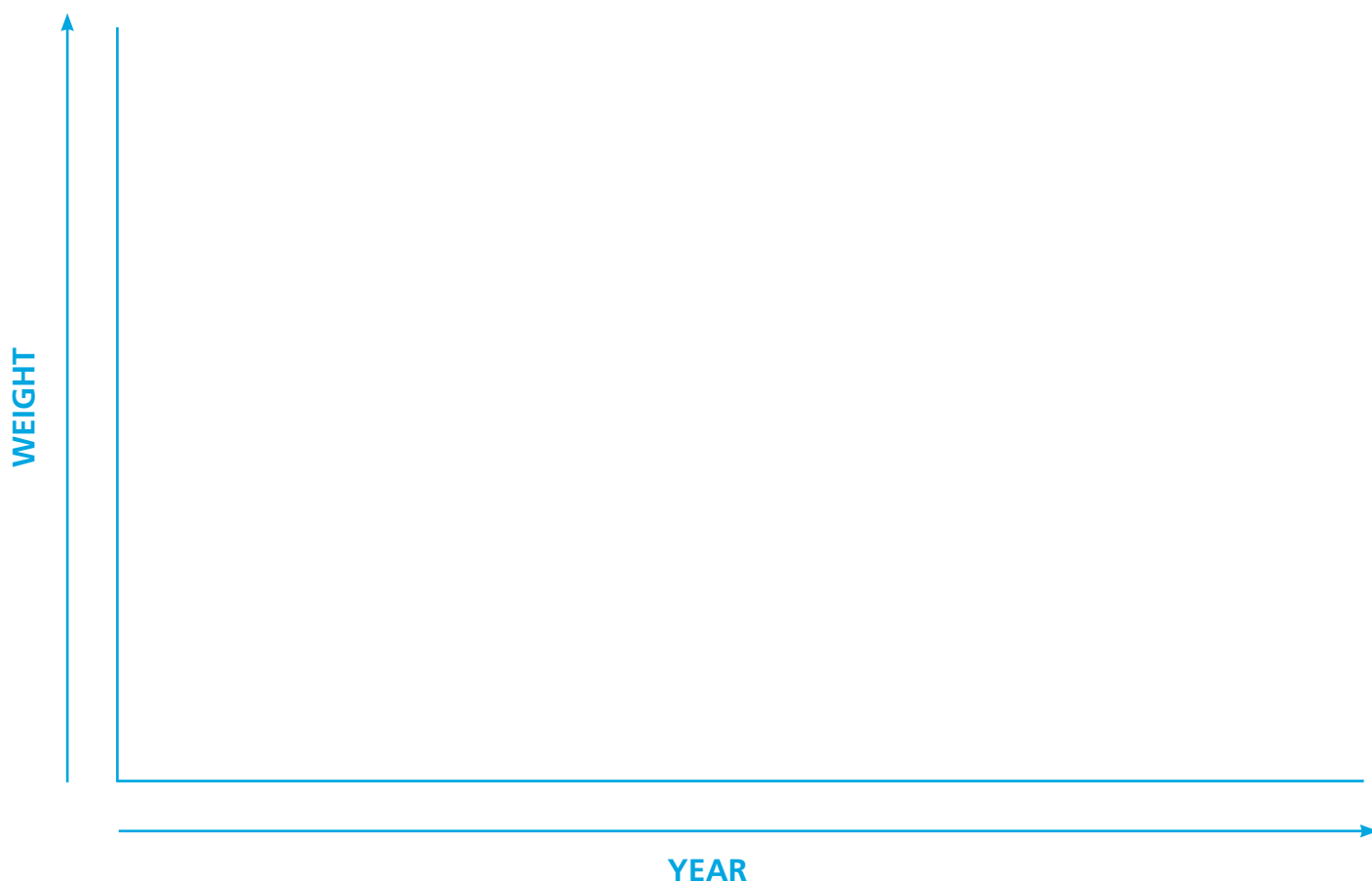
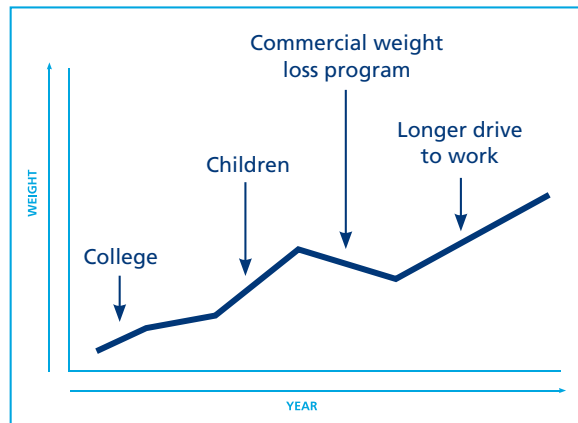


# Chart Your Personal Weight History

People gain and lose weight differently over time. Please chart your history with weight changes and the events that were related to those changes.

## Example:



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