

ATTLEBORO NORTON YMCA



JINGLE ALL THE WEIGH TRACKING SHEET

NOVEMBER 27–DECEMBER 31, 2026

Weigh in weekly in the Reilly Fitness Center. Record the date & your weight below. Complete your tracking sheet and maintain or lose weight to enter a drawing for a free 30-minute personal training session and a nutrition consultation.

MEMBER NAME: _____

WEEK / DATES	WEIGH-IN DATE / WEIGHT
WEEK 1 | NOVEMBER 27–DECEMBER 3	DATE: _____ WEIGHT: _____
WEEK 2 | DECEMBER 4–10	DATE: _____ WEIGHT: _____
WEEK 3 | DECEMBER 11–17	DATE: _____ WEIGHT: _____
WEEK 4 | DECEMBER 18–24	DATE: _____ WEIGHT: _____
WEEK 5 | DECEMBER 25–31	DATE: _____ WEIGHT: _____

FRIDAY IS THE PREFERRED DAY FOR WEEKLY WEIGH-INS. IF FRIDAY DOES NOT WORK FOR YOU, FEEL FREE TO WEIGH IN ON ANOTHER DAY.

Questions? Nate Duval | nduval@attleboroymca.org | 508-409-0767