

Starting date: _____ Starting weight: _____

My first target is (circle) 1kg 2kg 3kg 4kg 5kg 6kg 7kg

My target weight is _____ kg

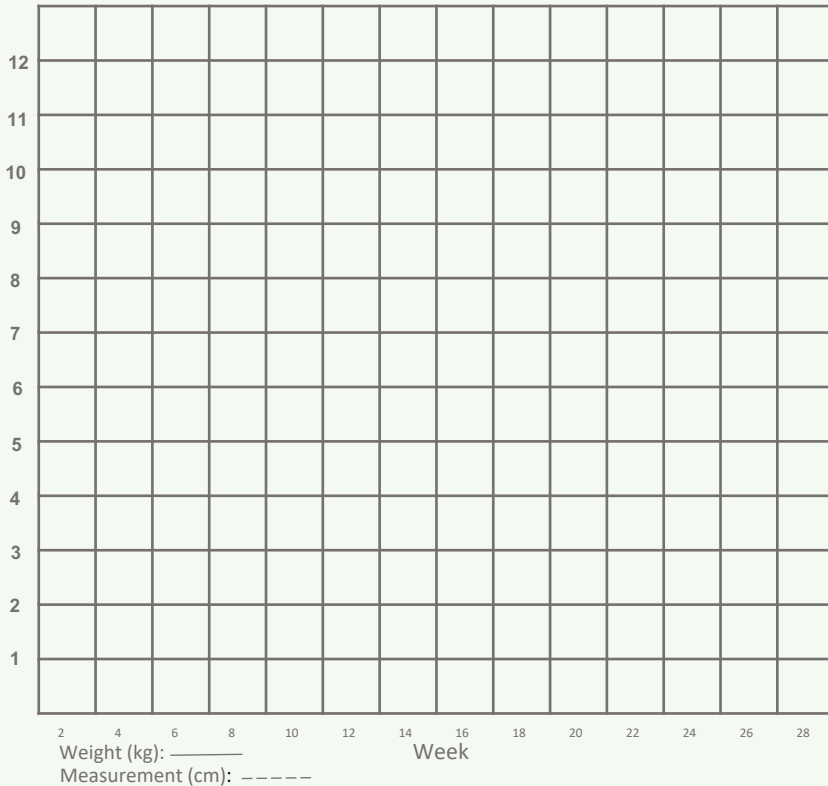


My first measurement target is (circle) 2cm 4cm 6cm 8cm 10cm

My overall measurement decrease target is _____ cm



Cumulative Progress Graph

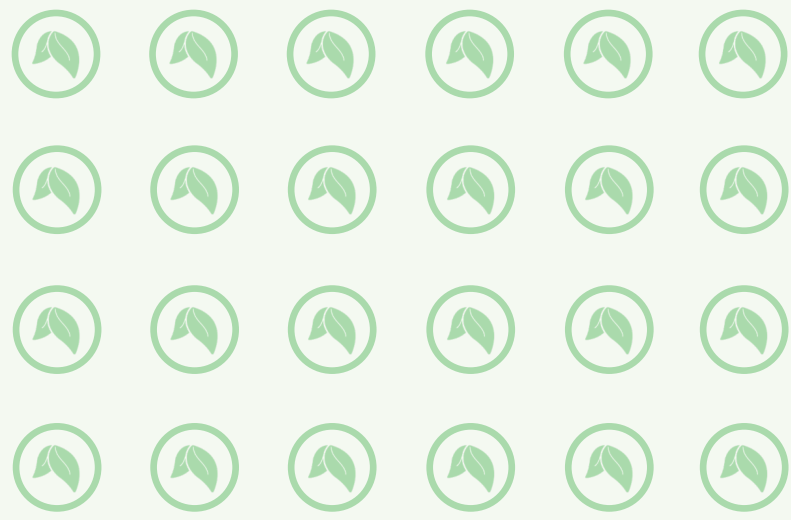


Wk	Date	Weight (+/-)	Loss	Total Loss	Measure	Total Measure	Mood
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							
16							
17							
18							
19							
20							
21							
22							
23							
24							
25							
26							
27							
28							



WEEKLY TRACKER

Monitor Your Health



96	94	92	90	88	86	84	82	80	78	76	74
72	70	68	66	64	62	60	58	56	54	52	50
48	46	44	42	40	38	36	34	32	30	28	26
24	22	20	18	16	14	12	10	8	6	4	2

Measurement Decrease Chart (cm)

48	47	46	45	44	43	42	41	40	39	38	37
36	35	34	33	32	31	30	29	28	27	26	25
24	23	22	21	20	19	18	17	16	15	14	13
12	11	10	9	8	7	6	5	4	3	2	1

Weight Loss Chart (kg)