STEPAHEAD TO A HEALTHY LIFE

WEIGHT CHANGE CHART

Use this chart to track your weight each week. Try to use the same scale every time! Weigh yourself on the same day of the week and at the same time of day.

The first time you weigh yourself, write in your "start weight". That becomes "0" on the chart. Mark the change in your weight the following week – for example if it is one pound less, mark the box for week one at -1.

Start Weight
____ pounds

End Weight
____ pounds

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
+10																	
+9																	
+8																	
+7																	
+6																	
+5																	
+4																	
+3																	
+2																	
+1																	
0	X																
-1																	
-2																	
-3																	
-4																	
-5																	
-6																	
-7																	
-8																	
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-21																	
-22																	
-23																	
-24																	
-25																	

WEEK

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