

## Advantages!

Use the space below to write the benefits you will gain from losing weight. Read this regularly.

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## How to use the chart

Recording your progress can be a great motivator on your weight loss journey.

When you have weighed yourself, write the number of stones on the chart next to the ★

Then count upwards to the number of pounds and put a dot or a cross under week 1.

Do this each week and draw a line between dots to check your progress.

You will quickly see how the smallest changes to activity levels and your eating habits can soon add up.

 **ONSIDE**  
*Lifestyle*



# Weight Management Progress Chart

**Name:**

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Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date														
Stones														
Pounds														
Loss														
Total loss														
13														
12														
11														
13														
12														
11														
10														
9														
8														
7														
6														
5														
4														
3														
2														
1														
★ ___ stone														
13														
12														
11														
13														
12														
11														
10														
9														
8														
7														
6														
5														
4														
3														
2														
1														
___ stone														
Chest														
Waist														
Hips														
Neck														
Arm														
Thigh														
Notes														

