



[www.nhsforthvalley.com/weight](http://www.nhsforthvalley.com/weight)

# Weight Change Tracker

Use this chart to record your weight changes. Record the date over the next 10 weeks and directly underneath record your weight in stone and lbs.

Week 1 has been plotted for you on the graph - this is your starting weight. Each week after you weigh yourself, plot your weight changes on the graph below. Then connect the dots with straight lines. This will help you monitor or track the changes in your weight.

**! Helpful Hint : If you find this useful then keep it going for much longer.**

## WEIGHT CHANGE RECORD

Week	1	2	3	4	5	6	7	8	9	10
Date										
Weight										

