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# Weight Record Sheet

**A healthy weight target:** Set your weight loss target in easy to achieve steps e.g. start with 5% of your starting weight and set a new target once this has been achieved. You should aim for slow, steady weight loss of a pound (0.5 kg) a week.

**WEIGHING TIPS**

- Record your weight regularly, at least once a week, on the same scales.
- For an accurate weight, scales should be on a hard surface and avoid storing them in the bathroom.
- Weigh yourself first thing in the morning, remove shoes and try to wear the same amount of clothes each time.
- Remember if you do weigh yourself regularly, day to day fluctuations to your weight are perfectly normal.
- Keeping a track of your weight over time is a great way to monitor trends in your weight and can help keep you motivated.
- If you notice your weight going up, you may want to go back to using the **Food Diary** and the **SMART Goals** sheet to get you back on track.
- **Some weeks you may lose less than others, this is a normal part of losing weight.**

## Weight Target

Date started	Target weight	Date achieved

## Weight Tracker

Date	Weight	Weight changed	Date	Weight	Weight changed

Research suggests that weighing yourself regularly supports keeping your weight off.