



- Write Day #s down the left list. Write the boxed Day #s along the bottom of the graph. Write your weight every day.
- For days with a boxed number, calculate pounds or kgs lost (Today's Weight - Day 1 Weight; your answer will be negative if you've lost weight; Day 1 weight will be 0) and mark that number on the graph on today's line.
- Draw a straight line between your points on the graph.

Write the values from the LAST day of your previous sheet and mark its point on the left line of the graph to get it started.

Write these values as the FIRST day of your next sheet and mark its point on the left line of the graph to get it started.