

WEIGHT TRACKER CHART

Use this chart to keep track of your weight changes over time and keep your progress in perspective. Make several copies and keep it handy near your scale. Here's how to customize your chart:

1. Starting with today's date, enter dates along the horizontal bar at the top of the page—using daily or weekly dates, depending on how often you weigh yourself.
2. Write in your current weight at the “starting weight” space along the horizontal axis. (You can leave this blank if you'd rather keep it private!)
3. Plot your daily or weekly weight as points on the chart, connecting the dots with a line.

You'll see firsthand that weight loss never follows a straight line.

