

## TRACKING WEIGHT CHART

Here are some guidelines for measuring your weight accurately every time. Below is an example for your reference.

1. Use the same scale.
2. Wear light-weight clothing and no shoes.
3. Weigh at approximately the same time of day.
4. Record your weight to the nearest pound.

Date	Time	Weight (lb)
3/1	8 a.m.	170
3/8	8 a.m.	168
3/15	8 a.m.	170
3/22	8 a.m.	171

Date	Time	Weight (lb)

## MAKING A WEIGHT GRAPH

You may want to make a graph that shows your weight change over time. To create such a graph, use the sheet on the right and the information from your Tracking Weight Chart. Below is an example for your reference.

1. Write your current weight (with the date) on the line titled "Starting Weight".
2. Write in additional weights above and below the heavy line. Add or subtract 1 pound for each line.
3. Write the dates of each weighing at equal spaces below the heavy line.
4. Make a dot at your weight at each date.
5. Connect the dots with a line.

