

Treatment or medication being used:

Starting weight:

Goal Weight:

Remember: Safe and effective weight loss takes time, and is achieved by regular small increments. Instant, dramatic results rarely lead to sustained changes in body weight. Keep going - **you're doing great!**

Date

Weight

Waist Measurement\*

Thoughts and Feelings

\*Measuring your waist size is a good way of tracking your weight loss. Sometimes the number on the scale don't reflect the amount of progress that you have made. Your waist size will gradually reduce through effective weight loss with more consistency than your actual weight.

