

Lifestyle Change and Weight Management Record

Name

Starting Weight Kg	Starting Body Fat Kg	Starting Body Composition % body fat	Waist circ. cm
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Behaviour Change Goals

Behaviour change with regards everyday activity 1] 2]
Behaviour change with regards stablising eating behaviour 1] 2]

Weight Management Progress

Date	Weight Kg	Body Fat Mass Kg	Waist Circ. cms

Further Behaviour Change Ideas
