

Personal Weight Management Record

Name	Height <div style="text-align: right; margin-right: 10px;">cm</div>	Date
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Starting Weight <div style="text-align: right; margin-right: 10px;">Kg</div>	Starting Body Fat <div style="text-align: right; margin-right: 10px;">Kg</div>	Starting Body Composition <div style="text-align: right; margin-right: 10px;">% body fat</div>	Waist circ. <div style="text-align: right; margin-right: 10px;">cm</div>
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Weight loss aims:

0.5Kg -1 Kg per week.

5% body weight loss at 6months

10% body weight loss at 12months

Target Waist @ 6-12 months
_____ cms

A weight of _____Kg means a reduction of 5% from your starting weight
A weight of _____Kg means a reduction of 10% from your starting weight

Behaviour Change Goals what **can** you do? What **will** you do?

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

Weight Management Progress

Date	Weight Kg	Body Fat Mass Kg	Waist Circ. cms