

Graph the minutes of exercise you do each day!

Weight Management Chart

Weigh twice a week and chart your progress.

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31			
																																		+5
60																																	+4	
57																																	+3	
54																																	+2	
51																																	+1	
48																																	0	
45																																	-1	
42																																	-2	
39																																	-3	
36																																	-4	
33																																	-5	
30																																	-6	
27																																	-7	
24																																	-8	
21																																	-9	
18																																	-	
15																																	-10	
12																																	-11	
9																																	-12	
6																																	-13	
3																																	-14	
																																	-15	

Days of the Month



This handout may be duplicated for client education.