

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.*