

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.