CAFEITY · FREE PRINTABLE

12-week weight log

Weigh at the same time in the same conditions — first thing in the morning is usual. Judge progress on the weekly average, not single days.

Name _____

Start date _____

Units (kg / lb) _____

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN	WEEKLY AVERAGE	DOSE CHANGE?
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									
11									
12									

OTHER MEASURES

Waist · how clothes fit · energy · blood pressure — these can move while the scale does not.

NOTES

A record for your own use. Not medical advice — follow the instructions from your prescriber and the leaflet in your medicine's box.