


Weight loss graph

Kilograms

Evidence suggests people who lose weight gradually and steadily (about 0.5 to 1kg per week are more successful at keeping it off).

Next steps

1. Download 
2. Print
3. Fill in

Hit a plateau?
Download the 7 day Know Diabetes Food diary to help monitor food intake

Start date Start weight Start BMI

Plot your weight at your weekly weigh in - try to weigh in same day, same time each week.

	start	week 1	week 2	week 3	week 4	week 5	week 6	week 7	week 8	week 9	week 10	week 11	week 12
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