Weight loss graph Stones (st) and pounds (lbs)



Evidence suggests people who lose weight gradually and steadily (about 1 to 2lbs per week are more successful at keeping it off).

Next steps

- 1. Download 🕹
- 2. Print
- 3. Fill in

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

Start	Start	Start
date	weight	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
st Olbs													
st 13lbs	7												
st 12lbs													
st 11lbs													
st 10lbs													
st 9lbs													
st 8lbs										12			
st 7lbs													
st 6lbs													
st 5lbs													
st 4lbs													
st 3lbs													
st 2lbs													
st 1lb													
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st 13lbs													
st 12lbs													
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st 10lbs											2		
st 9lbs	1.0												
st 8lbs													
st 7lbs													
st 6lbs													
st 5lbs	3		1 1							5 A	5		
st 4lbs	4												3
st 3lbs										,			
st 2lbs													
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st 0lb	7	ĵ ŝ								1	0	7	
st 13lbs													