


Weight loss graph

Stone (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

Hit a plateau?
Download the
7 day MyHealth
London 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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