


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

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
<input type="text"/> st 0lbs													
<input type="text"/> st 13lbs													
<input type="text"/> st 12lbs													
<input type="text"/> st 11lbs													
<input type="text"/> st 10lbs													
<input type="text"/> st 9lbs													
<input type="text"/> st 8lbs													
<input type="text"/> st 7lbs													
<input type="text"/> st 6lbs													
<input type="text"/> st 5lbs													
<input type="text"/> st 4lbs													
<input type="text"/> st 3lbs													
<input type="text"/> st 2lbs													
<input type="text"/> st 1lb													
<input type="text"/> st 0lbs													
<input type="text"/> st 13lbs													
<input type="text"/> st 12lbs													
<input type="text"/> st 11lbs													
<input type="text"/> st 10lbs													
<input type="text"/> st 9lbs													
<input type="text"/> st 8lbs													
<input type="text"/> st 7lbs													
<input type="text"/> st 6lbs													
<input type="text"/> st 5lbs													
<input type="text"/> st 4lbs													
<input type="text"/> st 3lbs													
<input type="text"/> st 2lbs													
<input type="text"/> st 1lb													
<input type="text"/> st 0lb													
<input type="text"/> st 13lbs													