*Another resource from PATIENT AND CAREGIVER SUPPORT**

WEIGHT LOSS LOG SHEET

***Dedicated to providing CARE (*Connections, Assistance, Resources and Encouragement*) for patients, caregivers, spouses and families**

10/10

NAME _____ **LOG NUMBER** _____

WEEK:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42
+ 5																																										
+ 4																																										
+ 3																																										
+ 2																																										
+ 1																																										
START																																										
- 1																																										
- 2																																										
- 3																																										
- 4																																										
- 5																																										
- 6																																										
- 7																																										
- 8																																										
- 9																																										
- 10																																										
- 11																																										
- 12																																										
- 13																																										
- 14																																										
- 15																																										
- 16																																										
- 17																																										
- 18																																										
- 19																																										
- 20																																										
- 21																																										
- 22																																										
- 23																																										
- 24																																										
- 25																																										

⬆ **NOTE: Enter starting weight on "START" line above. Check ☒ or graph weight each week (compared to starting weight).**

Copyright © 2010, Patient and Caregiver Support™ - P. O. Box 541236, Omaha, NE USA 68154 - www.pacsupport.org
Obtain numerous free forms from website, or email: contact@pacsupport.org. All forms may be reproduced without permission for FREE distribution only.