01 / YOUR RECORD

Weight & progress

Keep readings consistent. Leave room for the rest of the story.

Use the same scales on a firm, level floor, at a similar time and in similar clothing. Choose a recording routine with your care team if you have one. [1]

Unit for this sheet: kg / lb (circle one) My usual weighing day or routine:

No.	Date	Time	Weight	Notes / different conditions
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				

An empty row is fine. Print another sheet when needed. If weighing is upsetting, discuss a different way of monitoring progress with your care team.

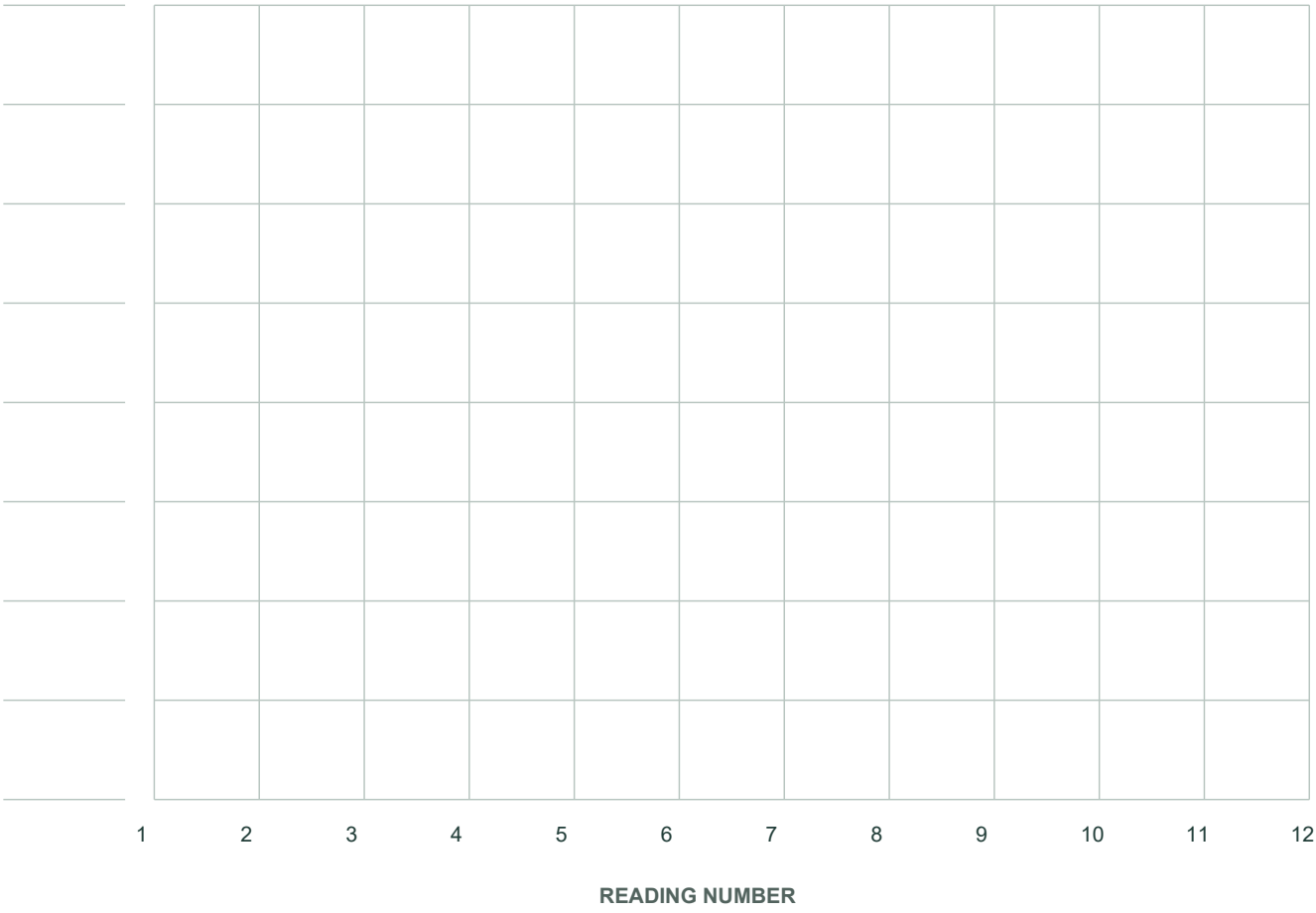
02 / SEE THE PATTERN

Your trend, at a glance

Optional: plot the readings from your record. Use one unit throughout.

Write evenly spaced weight values up the left axis. Put each reading above its matching number. The horizontal axis counts readings, not equal periods of time.

Unit: _____ Weight step between horizontal lines: _____



What would I like to discuss about this pattern?

03 / MORE THAN A NUMBER

Your check-in



Notice what is helping and what you want support with.

Period covered:

Changes I have noticed in energy, sleep, movement or daily life

What helped / what got in the way

Questions for my next appointment

About this resource

An adult personal record, with no target weight, calorie prescription or promised rate of change. It does not replace your care plan. Keep completed pages private.

[1] NHS England: How to record your weight

https://www.england.nhs.uk/long-read/how-to-record-your-weight/