**WEIGHT MONITORING FORM**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Age: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Gender: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ Target weight: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**INSTRUCTIONS**

* Weigh yourself ideally in the morning, after using the restroom, and before breakfast, for consistent measurements. Weekly intervals are recommended for monitoring progress.
* Wear minimal clothing to ensure accuracy.
* Use the same scale for each measurement.

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| **DATE** | **WEIGHT** | **NOTES** |
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***Education Support Services Division, 2024***