

WellBody

WEIGHT TRACKER

DATE RANGE: _____

NAME: _____

DEPARTMENT: _____

PHONE #: _____ EMPLOYEE ☐ SPOUSE ☐

A number on the scales doesn't guarantee good health. However, working toward a healthy weight is a helpful way to prevent and manage certain lifestyle conditions like high blood pressure and diabetes. Keep the following tips in mind to get the most out of your tracking efforts.

WEIGH YOURSELF

- 1. ONCE A WEEK:** There is no reason to weigh daily as your weight can fluctuate several pounds due to fluid or food intake. Once a week will give you a more accurate picture.
- 2. IN THE MORNING:** Do it first thing in the morning if you can, before you've eaten, had anything to drink, or exercised.
- 3. THE SAME WAY EACH TIME:** If you always weigh with no shoes and a towel, continue to do so. Weighing with clothes one week and without the next won't give you an accurate picture of any changes.
- 4. TRACK:** Record your weight here, in an app, or on your computer. Include the time, if it was before breakfast, with or without shoes, etc. Doing so will provide some accountability and you'll be more successful in reaching or maintaining your weight goal.

WEEK	DATE	TIME	WEIGHT	NOTES