

Healthy Weight for Life

PERSONAL WEIGHT and HEALTH RECORD

This record belongs to: _____

Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Date																		
Height (m)																		
Weight (kg)																		
BMI (kg/m ²) [†]																		
Waist Circumference																		
Blood Pressure*																		
HDL Cholesterol*																		
LDL Cholesterol*																		
Total Cholesterol*																		
Blood Glucose*																		

[†] If you need help calculating your BMI, go to <http://www.healthyweightforlife.com.au/bmi-calculator.php>

* These measurements should be conducted only when and if considered medically appropriate by your GP or diabetes specialist.