



# YOUR PERSONAL WEIGHT LOG

Starting Weight: \_\_\_\_\_ Starting BMI: \_\_\_\_\_

WEEKS POST OP	DATE	BMI	WEIGHT	TOTAL WEIGHT LOST
<b>SURGERY DAY</b>				
<b>1</b>				
<b>2</b>				
<b>3</b>				
<b>4 (1 MONTH)</b>				
<b>5</b>				
<b>6</b>				
<b>7</b>				
<b>8 (2 MONTHS)</b>				
<b>9</b>				
<b>10</b>				
<b>11</b>				
<b>12 (3 MONTHS)</b>				
<b>13</b>				
<b>14</b>				
<b>15</b>				
<b>16 (4 MONTHS)</b>				
<b>17</b>				
<b>18</b>				
<b>19</b>				
<b>20 (5 MONTHS)</b>				
<b>21</b>				
<b>22</b>				
<b>23</b>				
<b>24 (6 MONTHS)</b>				
<b>25</b>				
<b>26</b>				
<b>27</b>				
<b>28 (7 MONTHS)</b>				
<b>29</b>				
<b>30</b>				
<b>31</b>				
<b>32 (8 MONTHS)</b>				



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WEEKS POST OP	DATE	BMI	WEIGHT	TOTAL WEIGHT LOST
<b>SURGERY DAY</b>				
<b>33</b>				
<b>34</b>				
<b>35</b>				
<b>36 (9 MONTHS)</b>				
<b>37</b>				
<b>38</b>				
<b>39</b>				
<b>40 (10 MONTHS)</b>				
<b>41</b>				
<b>42</b>				
<b>43</b>				
<b>44 (11 MONTHS)</b>				
<b>45</b>				
<b>46</b>				
<b>47</b>				
<b>48 (12 MONTHS)</b>				

MONTHS POST OP	DATE	BMI	WEIGHT	TOTAL WEIGHT LOST
<b>18 (1 1/2 YEARS)</b>				
<b>24 (2 YEARS)</b>				
<b>30 (2 1/2 YEARS)</b>				
<b>36 (3 YEARS)</b>				
<b>42 (3 1/2 YEARS)</b>				
<b>48 (4 YEARS)</b>				
<b>54 (4 1/2 YEARS)</b>				
<b>60 (5 YEARS)</b>				