Weight Diary

Lose weight simply by measuring!

Step1 Measure your weight twice a day.
Step2 Record your weight to create a line chart displaying your monthly weight loss trend.
Step3 Observe the downward trend of your body weight (over 3 months).

A&D Company, Limited

kg

Your starting weight

kg(-1)

kg(-2)

kg(-3)

Morning (before breakfast)

Evening (after dinner)

Date	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Comments																														

500g

50g

100g