

***Renew You for Life: Eating for Permanent Weight Loss***

**Weight Loss Chart**

- 1) Weigh on Monday mornings first thing.
- 2) Weigh without clothing, jewelry, shoes, etc. You want to know how much YOU weigh, not your stuff!
- 3) If you need to adapt the schedule, just keep it consistent throughout the month.

<b>Date</b>	<b>Weight</b>	<b>- or +</b>	<b>Total - or +</b>
March 26			
April 2			
April 9			
April 16			
April 23			