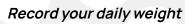
Six-Week Self-Monitoring Calendar





Week One		
Date	Weight	+/- Weight
Remember to limit your weight gain to 0.5kg.		

Week Two			
Date	Weight	+/- Weight	
Weight inci	Weight increased? Get up and walk it off.		

Week Three		
Date	Weight	+/- Weight
Keep an eye on weight gain. Stop now.		

Week Four		
Date	Weight	+/- Weight
Be alert: caution with your portion size.		

Week Five		
Date	Weight	+/- Weight
Think twice about that second helping.		

Week Six		
Date	Weight	+/- Weight
Dilute your drinks. Limit your alcohol.		