

Six-Week Self-Monitoring Calendar

Record your daily weight

| Week One | | |
|---|--------|------------|
| Date | Weight | +/- Weight |
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| <i>Remember to limit your weight gain to 0.5kg.</i> | | |
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| Week Two | | |
|--|--------|------------|
| Date | Weight | +/- Weight |
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| <i>Weight increased? Get up and walk it off.</i> | | |
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| Week Three | | |
|--|--------|------------|
| Date | Weight | +/- Weight |
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| <i>Keep an eye on weight gain. Stop now.</i> | | |
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| Week Four | | |
|--|--------|------------|
| Date | Weight | +/- Weight |
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| <i>Be alert: caution with your portion size.</i> | | |
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| Week Five | | |
|---|--------|------------|
| Date | Weight | +/- Weight |
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| <i>Think twice about that second helping.</i> | | |
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| Week Six | | |
|--|--------|------------|
| Date | Weight | +/- Weight |
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| <i>Dilute your drinks. Limit your alcohol.</i> | | |
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