How to Use Your Weight Loss Graph

Record your start date, start weight and start BMI (if known) on your results graph.

You'll notice that the scale on the left hand side of the results graph is not completed - this is so that you can personalise it with a scale that is appropriate for you. For example, if your start weight is 12st 7lbs, start with 13st at the top of the scale and work downwards in 1lb increments. Once you have written your scale onto the graph, mark your start weight with a dot or a cross on the thick red line at the top of the scale.

If you prefer to work in kgs, use the second graph here which goes down in ½kg increments.

Every goal is achieved by reaching milestones along the way, and the graph allows you to set 12-week milestone goals. Firstly you need to decide how much weight you are aiming to lose each week - we recommend 1-2lbs (½-1kg) a week.

Once you have decided the rate of loss with which you are comfortable, plot it on your results graph and draw a target line. Our example shows a target line for losing 1½lbs a week (so your line goes down 3 spaces every two weeks). You can now see what your goal weight is for the end of the twelve week period.

You can now complete the goal date (12 weeks from start date), goal weight and goal BMI on your results graph.

If you don't know your body mass index (BMI) you can use the calculator at http://www.weightlossresources.co.uk/body_weight/healthy_weight/bmi_calculator.htm

“Never give up on a goal because of the time it will take to achieve it - the time will pass anyway.”

This is an example of a weight progress graph in Weight Loss Resources. You can also view a graph of inches lost.

You can try all the tools on WLR by taking a free trial at www.weightlossresources.co.uk