



Keeping track – weight loss tracker

If you have a weight loss target you're working towards, it's best to track your weight on a regular basis. The recommendation is to weigh yourself once a week at roughly the same time of day.

This is because the amount of water in your body can fluctuate, so body weight can change on a day-to-day basis. So weighing yourself at the same time on a weekly basis can give you a more accurate picture. Eating a healthy balanced diet and regular exercise are the best ways to help you lose weight.

How to fill in your tracker diary

- Fill in your height, either in feet and inches or centimetres
- Weigh yourself somewhere you can access every week (such as your home)
- Fill in your starting weight (either in stones and pounds or kilograms)
- To calculate a healthy goal weight for your height, work out your current BMI rating. You can do this using the NHS BMI calculator. Your BMI will tell you if you are underweight, healthy weight, overweight or obese. It will then also give you a 5% weight loss target and how many pounds or kilograms you'd need to lose to achieve this. Once you have achieved this 5% loss, you can review your BMI and see if you are within the healthy range. If you're not, you'll get a further 5% weight loss target to work towards.

Eating disorders or weight control issues

If you have severe problems such as eating disorders and weight control issues, frequent monitoring can be unhelpful. If you're concerned that you or someone close to you has an eating disorder, BEAT has a dedicated helpline to support you

If you have an eating disorder, the BMI calculator results do not apply. Please get further advice from a GP.

Example diary

- Height: 5 feet 6 inches
- Starting Weight: 13stone 5lbs
- Goal Weight: 11 stone 1lb

Week	Day	Weight	Weight Lost	Total weight loss	BMI	How did your weight loss efforts make you feel on a scale of 1-5 (5 being very good)	Why did you feel that way?
1	03/07/23	12st 5lb	0	0	27.8	1	Didn't like to see my starting weight
2	10/07/21	12st 3lb	2	2	27.4	4	Happy as I lost weight
3	17/07/21	12st 0.5 lb	2.5	4.5	27.4	4	Happy as I lost weight
4	24/07/21	11st 13lb	1.5	6	26.8	3	Didn't lose as much weight
5							

Your diary

- Height:
- Starting Weight:
- Goal Weight:

Week	Day	Weight	Weight Lost	Total weight loss	BMI	How did your weight loss efforts make you feel on a scale of 1-5 (5 being very good)	Why did you feel that way?
1							
2							
3							
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