WEIGHT RECORD

Keep a record to see how you're doing.

Other ways of seeing how your shape is changing are:

• Use an item of clothing as a guide, such as a favourite pair of jeans that are on the tight side.

• Look at old photos of yourself - you might get a nice surprise when you look at the new slimline you in the mirror!

Don't panic if your weight stays the same.
Remember that if you eat healthily and keep active, it'll improve your health.

DATE	WEIGHT	WAIST SIZE