

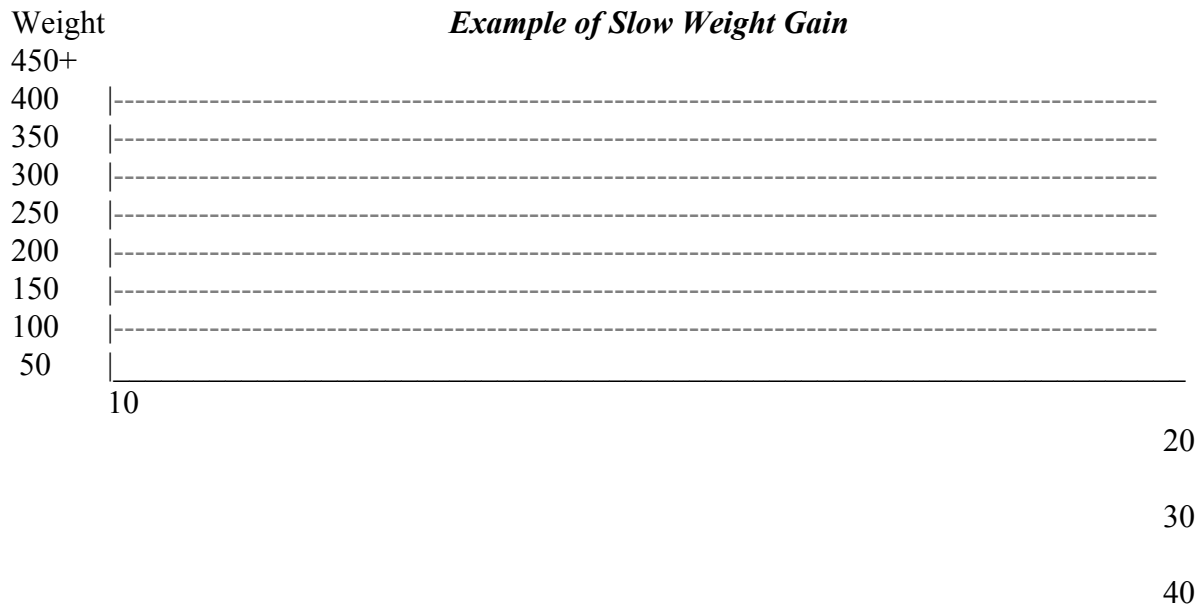
Body Weight History Form

Thank you for taking the time to fill out this short form. It will help us to determine how to serve you. On the graph below draw a line indicating your weight over your life.

Example of maintaining weight



Example of Slow Weight Gain



50

60

70+

Age

Weight

Chart Your Weight Here

450+

400

350

300

250

200

150

100

50

10

20

30

40

50

60

70+

Age

Client Name _____ Date _____