MUSC Health
WEIGHT MANAGEMENT CENTER

MUSC Weight Management Center (843) 792-2273

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Starting Wt
(nearest whole lb)

Weight in Pounds --->

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

Date -----> Month_____ Year_____ Name_____

Weight graph available online:
http://www.muschealth.com/weight/graph.htm