

Name: _____

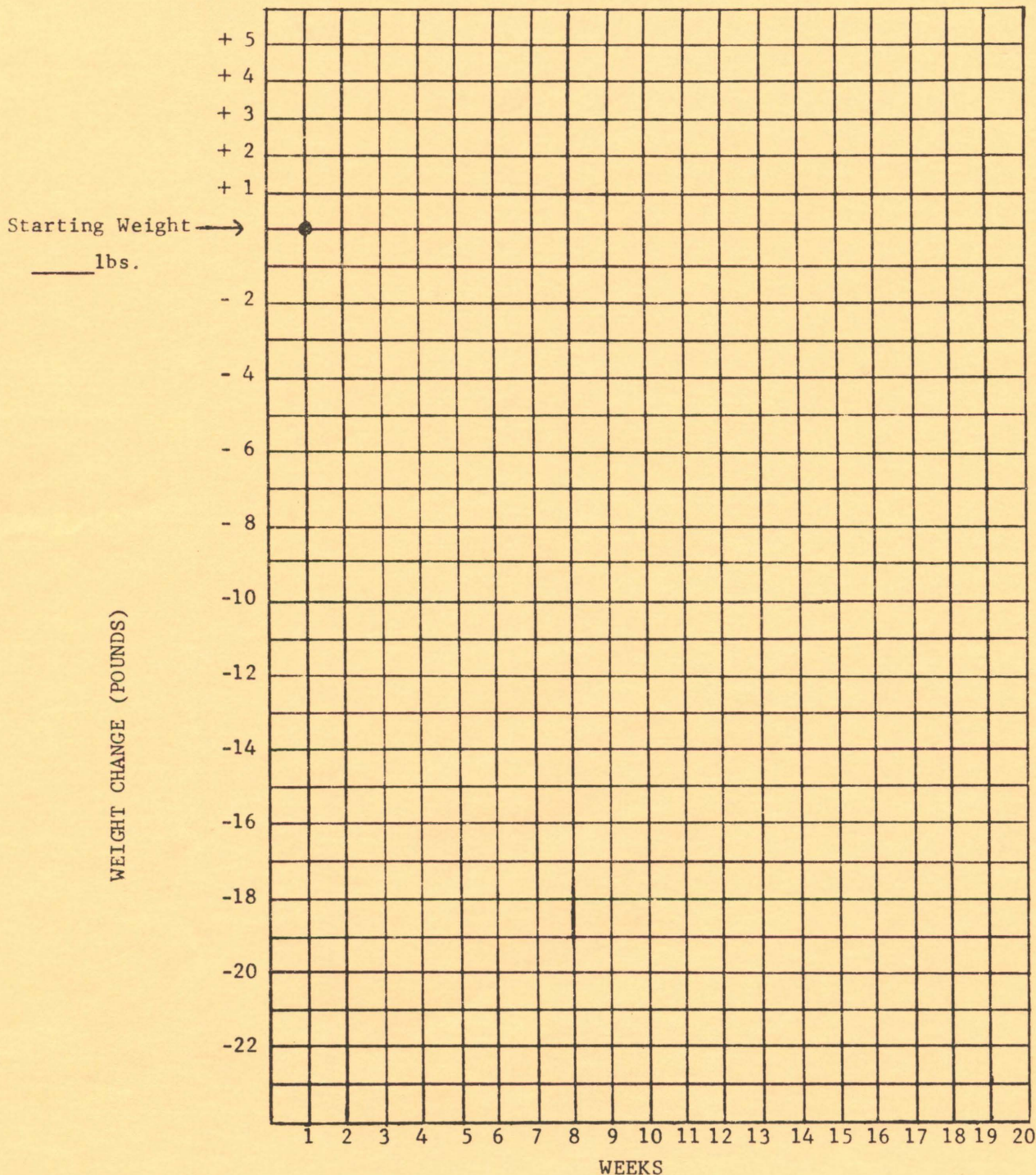
Starting Date: _____

348-203

Reprinted April 1982

Lesson 1

WEIGHT GRAPH



A dot has been placed on the point indicating your starting weight and week number 1. Record your starting weight. Each horizontal line represents one pound. Record weight gain or loss each week. Draw straight lines between dots for a graphic representation of weight changes.