



Weight Management Services
Mayo Clinic Diet Record Tracker

Name _____ Height _____ Start Weight _____ Goal Weight _____ Beginning BMI _____ Goal BMI _____

Date	Week	Attended class	Weight	Weeks weight-loss	Total weight-loss	# Days on plan	# Days records kept	# Habits per week	# Vegetables	# Fruits	Physical activity minutes	Notes
1/1/13	2	X	162	-2	-12	5	6	80	28	21	210	MADE IMPROVEMENTS – STAYED ON TRACK