

Weekly Weight Monitoring Log

Name _____		Facility _____		Year _____		
Month	Week	Date	Time	Weight	Signature	Comments
January	1					
	2					
	3					
	4					
	5					
February	1					
	2					
	3					
	4					
	5					
March	1					
	2					
	3					
	4					
	5					
April	1					
	2					
	3					
	4					
	5					
May	1					
	2					
	3					
	4					
	5					
June	1					
	2					
	3					
	4					
	5					
July	1					
	2					
	3					
	4					
	5					
August	1					
	2					
	3					
	4					
	5					
September	1					
	2					
	3					
	4					
	5					
October	1					
	2					
	3					
	4					
	5					
November	1					
	2					
	3					
	4					
	5					
December	1					
	2					
	3					
	4					
	5					