

What else have I noticed?

5% weight loss target:

Date Weight (kg) Weight (st & lb)

Starting weight (SW):

Here are some useful links:

Change4Life

Helping you to Eat well, Move more and Live longer

 nhs.uk/change4life

British Dietetic Association (BDA)

Impartial advice on a variety of topics

 bda.uk.com/foodfacts/home

Lose Weight, Feel Great Facebook

Follow the weight loss journeys of your local community

 facebook.com/LoseWeightFeelGreat

Healthy Recipe Ideas

Free recipe ideas for you and the family

 bbcgoodfood.com

 diabetes.org.uk/Guide-to-Diabetes/Recipes

LOSE
WEIGHT
Feel great!


Wigan
Council

SWMS

(Specialist Weight Management Service)

Weight Record Card

Contact details:

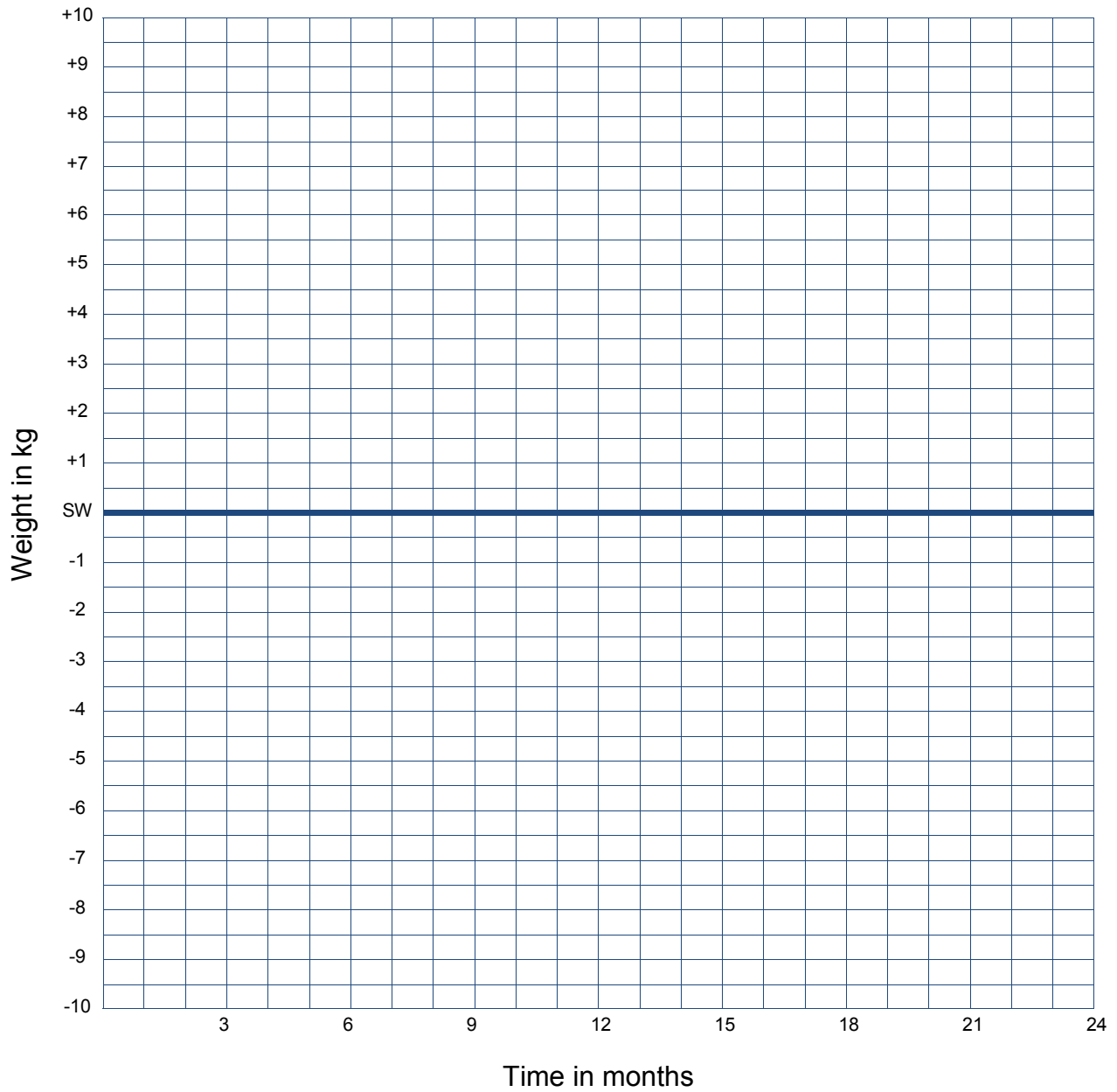
 01942 483370

 swms.enquiries@aintree.nhs.uk

CG APPROVED ★

Aintree University Hospital 
NHS Foundation Trust

My weight loss journey



Why do I want to improve my lifestyle?
