



Liverpool University Hospitals
NHS Foundation Trust

(Department Name)

Aintree Site

Lower Lane, L9 7AL Tel: 0151-525-5980

Royal Site

Prescot Street, L7 8XP

Broadgreen Site

Thomas Drive, L14 3LB

Royal & Broadgreen Tel: 0151-706-2000

Weight Chart

Use this chart to keep a record of your weight. Try not to weigh yourself more than once a week. To make it more accurate weigh yourself at the same time of day, using the same scales and wearing light clothes. If you are unable to weigh yourself you could enter your waist measurement in the weight section instead. Use the comments column for any other information you want to record e.g. if you were wearing shoes.

Date	Weight	Loss / gain	Comments



If you require a special edition of this leaflet

This leaflet is available in large print, Braille, on audio tape or disk and in other languages on request. Please contact:

Tel No: 0151 529 2906

Email: interpretationandtranslation@liverpoolft.nhs.uk