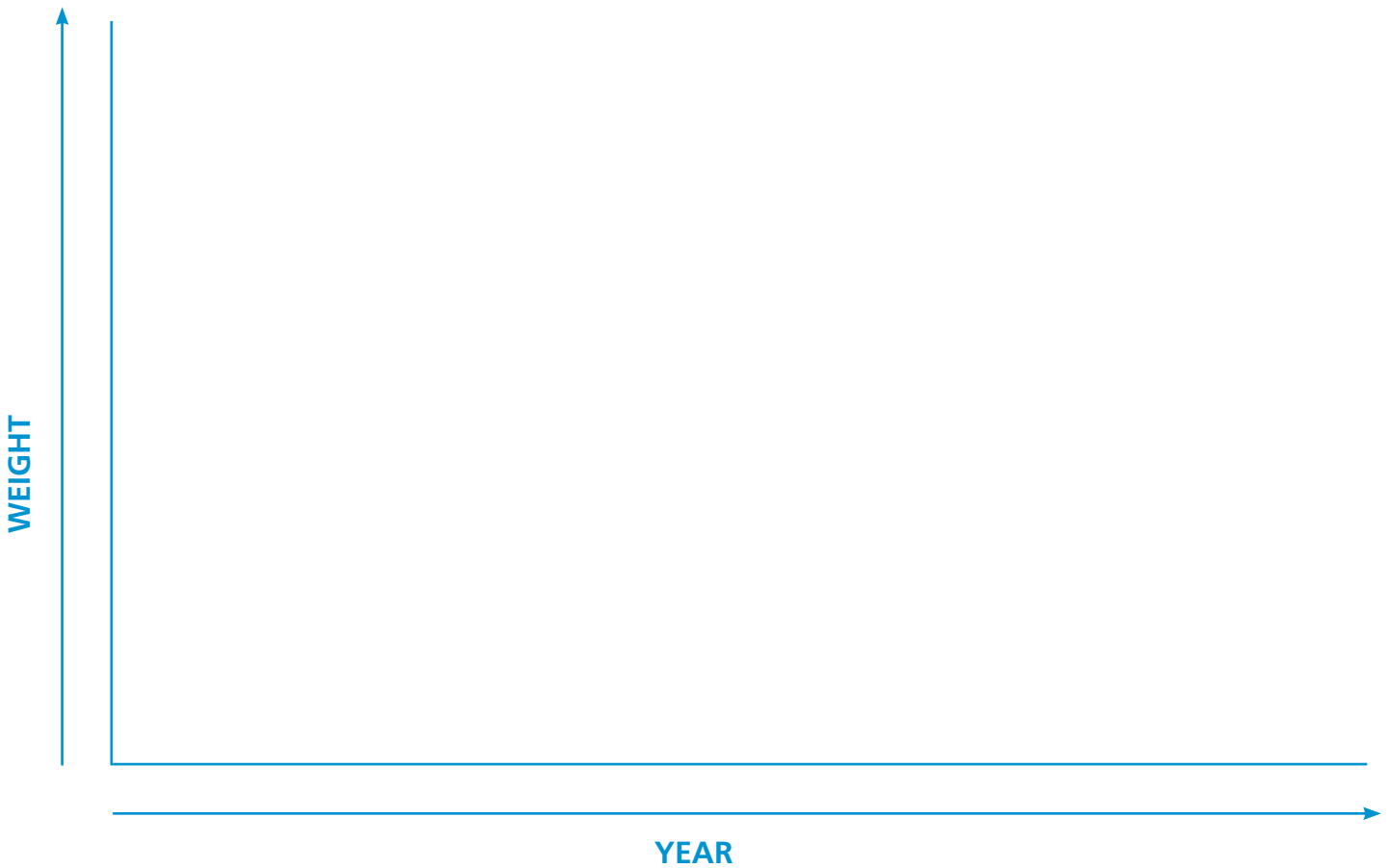
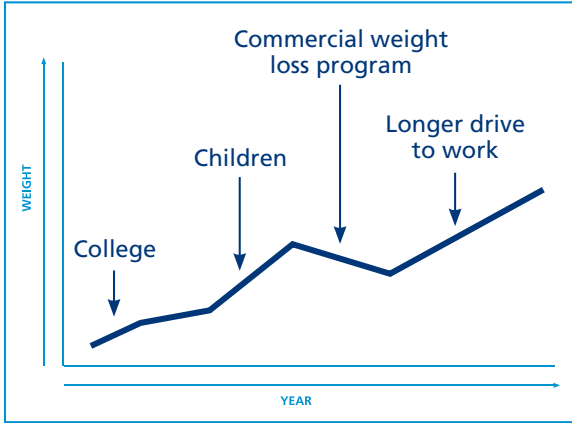


Chart Your Personal Weight History

People gain weight differently over time. Please chart your history with weight changes and the events that were related to those changes.

Example:



You can go to RethinkObesity.com to download and print the *Chart Your Personal Weight History* material to use with your patients.