

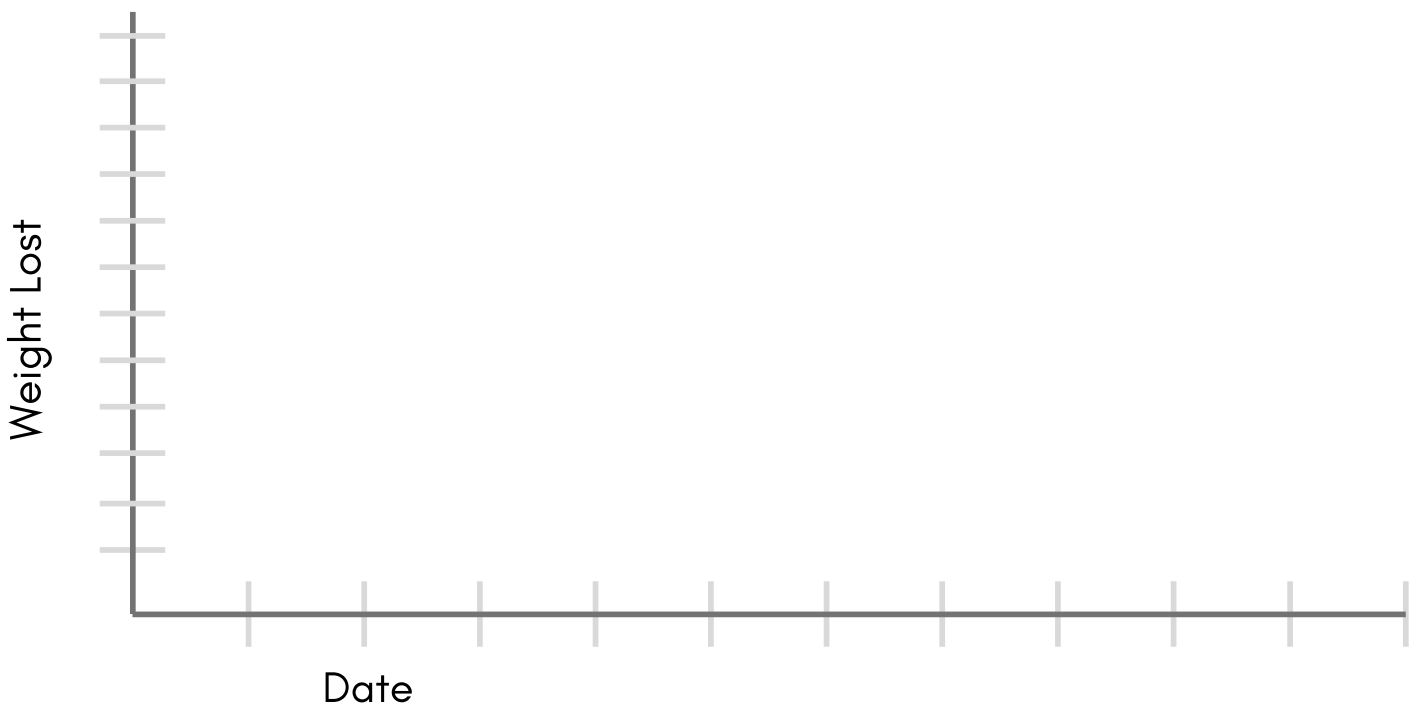
# MY POSTPARTUM

# weight loss chart



*\*always consult your doctor before taking on any weight loss program*

Date	Goal Weight	Anticipated Weight Loss (by week)	Total Anticipated Weight Loss	Actual Weight	Actual Weight Loss (by week)	Total Actual Weight Loss





# DIRECTIONS:

## losing weight the healthy way after baby

This is the date before you give birth.

These should be the same number the first week (which represents your weight before giving birth)

Date	Goal Weight	Anticipated Weight Loss (by week)	Total Anticipated Weight Loss	Actual Weight	Actual Weight Loss (by week)	Total Actual Weight Loss
4/5/2019	156			156		
4/12/2019	146	10	10	144	12	12
4/19/2019	144	2	12	145	+1	11
4/26/2019	143	1	13			
5/3/2019	142	1	14			
5/10/2019	141	1	15			
5/17/2019	140	1	16			
5/24/2019	139	1	17			
6/1/2019	138	1	18			
6/8/2019	137	1	19			
6/15/2019	136	1	20			

Each subsequent week, weigh yourself!

Record your weight and weight loss each week as you weigh yourself

This is your **ULTIMATE GOAL WEIGHT** after 10 weeks postpartum.

Fill in the blue squares soon after birth for how much you plan to lose.

*\*(Remember, the total anticipated weight loss is equal to the anticipated weekly weight loss PLUS the anticipated weight loss from the weeks before.)*

