

# SlimStyles™ with PGX™ *Weekly Weight Record*

Name \_\_\_\_\_ My starting weight \_\_\_\_\_  
 Start date of weight loss program \_\_\_\_\_ or # of weeks since starting: \_\_\_\_\_

**1. Record your weight at the same time each day.** An ideal time to weigh yourself would be when you wake up and after you've emptied your bladder.

**2. Calculate your average.** At the end of the week, add up all recorded weights and divide by the number of times you recorded your weight this week.

**3. Calculate your weight loss.**

Enter your starting weight →

Subtract this week's average weight -

**TOTAL WEIGHT LOSS SINCE STARTING PROGRAM** =

Week beginning (Date): \_\_\_\_\_

Day	Weight (pounds or kilograms)
Sunday	_____
Monday	_____
Tuesday	_____
Wednesday	_____
Thursday	_____
Friday	_____
Saturday	_____
TOTAL WEIGHT this week:	<input type="text"/>
Divide by the number of times you recorded your weight:	÷ <input type="text"/>
Equals:	= <input type="text"/>
This amount is your average weight this week.	
Weight loss this week (average weight last week minus average weight this week)	
Equals:	= <input type="text"/>

## Optional Measurements

Read about BMI and calculate your BMI through the U.S. Government website:  
<http://www.cdc.gov/nccdphp/dnpa/bmi/calc-bmi.htm>

Current BMI \_\_\_\_\_  underweight  normal  overweight  obese (circle one)

BMI at beginning of program \_\_\_\_\_  underweight  normal  overweight  obese (circle one)

Waist-to-hip ratio is the ratio of a person's waist circumference to hip circumference. For most people, carrying extra weight around their middle increases health risks more than carrying extra weight around their hips or thighs.

Current waist to hip ratio

Waist to hip ratio at beginning of program

**What is a desirable waist-to-hip ratio?**

For men, a ratio of .90 or less is considered desirable.  
 For women, a ratio of .80 or less is considered desirable.

**How to calculate:**

Waist to hip ratio is calculated by taking the waist circumference and dividing it by the hip circumference.

**How to measure waist circumference:**

With a tape measure, comfortably measure the distance around the area one inch above the belly button.

**How to measure hip circumference:**

With a tape measure, comfortably measure the distance around the largest protrusion of the buttocks.

