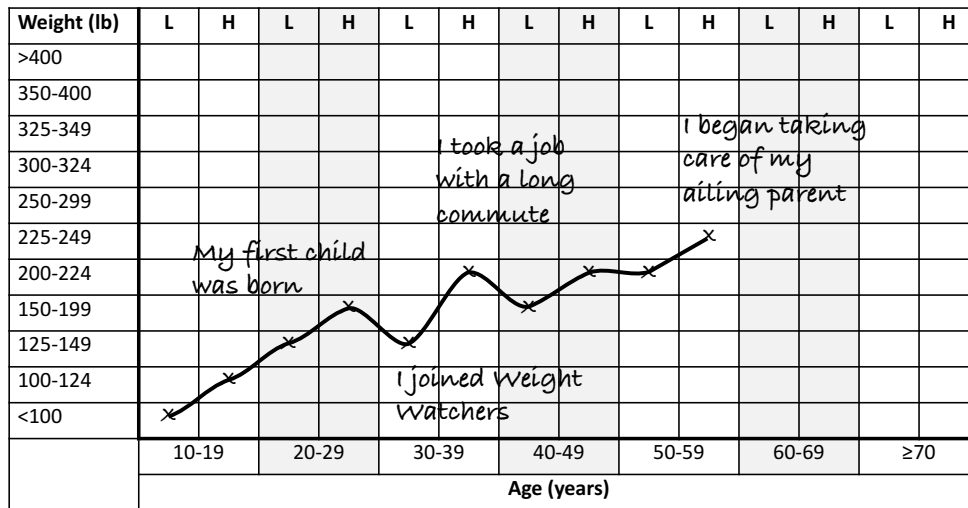


## Weight History Chart

To the best of your recollection, indicate your lowest (L) and highest (H) weight during each time interval by putting an X in the corresponding box in the chart below, then connect the X's with a line. Write down anything you remember that might have contributed to your weight gain or weight loss.

Example:



Weight (lb)	L	H	L	H	L	H	L	H	L	H	L	H	L	H
>400														
350-400														
325-349														
300-324														
250-299														
225-249														
200-224														
150-199														
125-149														
100-124														
<100														
	10-19	20-29	30-39	40-49	50-59	60-69	≥70							
	Age (years)													

