Weight Loss Chart

for tracking at home upon starting, and once or twice a week thereafter

Starting weight _____lbs	**Waist measurement** _____inches	Goal weight _____lbs
Starting date _____		Goal date _____

Date	Weight	Waist Measurement

Date	Weight	Waist Measurement

Elevation Medical Weight Loss
2350 Noblestown Rd. Ste 110 **Pittsburgh**, PA 15205 。(412) 458-5042
1130 Perry Hwy. Ste 9 **Pittsburgh**, PA 15237 。(412) 847-8083
5301 Grove Rd. Suite 617A **Pittsburgh**, PA 15236 。(412) 819-4614
241 Three Springs Dr. Ste 12 **Weirton**, WV 26062 。 (304) 914-3112
5004 Mid Atlantic Dr. **Morgantown**, WV 26508。 (304) 777-2640