

What is your weight loss goal?

Is your goal to maintain a loss of...

51 or more pounds? *

- Circle the number **7** in the upper left-hand corner.
- Circle the number **8** in the upper right-hand corner.

26 – 50 pounds? *

- Circle the number **8** in the upper left-hand corner.
- Circle the number **9** in the upper right-hand corner.

11 – 25 pounds? *

- Circle the number **9** in the upper left-hand corner.
- Circle the number **10** in the upper right-hand corner.

1 – 10 pounds? *

- Circle the number **10** in the upper left-hand corner.
- Circle the number **10** in the upper right-hand corner.

* Add 1 to each of the two numbers if under age 20

Courtesy of Jim Glaser, R.D., Canyon Ranch