



A UnitedHealthcare Company

Take Off the Weight Individual Activity Log



Directions: Attend weigh-ins every two weeks and record your weight for each weigh-in in the boxes below. To calculate your percentage of weight loss, subtract your weight after each weigh-in from your initial weight and divide the difference by your initial weight.

At the end of the program, report your percentage of weight loss to the program coordinator.

Remember: The purpose of this program is to promote healthy weight loss based on a percentage of your individual body weight, so don't compare your total pounds lost to someone else's. Your goal is to achieve the highest percentage of weight loss possible over the next 12 weeks.

Biweekly weigh-in:

INITIAL WEIGHT	WEEK 2 WEIGH-IN	WEEK 4 WEIGH-IN	WEEK 6 MID-POINT WEIGHT IN	WEEK 8 WEIGH-IN	WEEK 10 WEIGH-IN	WEEK 12 FINAL WEIGHT IN

Percent of weight loss calculations:

Example:

$$765 \text{ lbs.} - 759 \text{ lbs.} = 6 \text{ lbs.} \div 765 \text{ lbs.} = 3.6\%$$

Initial weight WEEK 2 weight Initial weight % of weight loss

$$\text{Initial weight} - \text{WEEK 2 weight} = \text{Initial weight} \div \text{Initial weight} = \text{\% of weight loss}$$

$$\text{Initial weight} - \text{WEEK 4 weight} = \text{Initial weight} \div \text{Initial weight} = \text{\% of weight loss}$$

$$\text{Initial weight} - \text{WEEK 6 weight} = \text{Initial weight} \div \text{Initial weight} = \text{\% of weight loss}$$

$$\text{Initial weight} - \text{WEEK 8 weight} = \text{Initial weight} \div \text{Initial weight} = \text{\% of weight loss}$$

$$\text{Initial weight} - \text{WEEK 10 weight} = \text{Initial weight} \div \text{Initial weight} = \text{\% of weight loss}$$

$$\text{Initial weight} - \text{WEEK 12 weight} = \text{Initial weight} \div \text{Initial weight} = \text{FINAL \% of weight loss}$$