

# Weight Loss Measurement Chart

Name: Michelle Aguilar

Date	Weight	Neck	Chest	L Arm	R Arm	Waist	Hips	L Thigh	R Thigh	L Calf	R Calf
Sept 1, 2023	220.0 lbs	16.0 in	45.0 in	15.0 in	15.2 in	40.0 in	50.4 in	28.9 in	28.8 in	18.1	18.0
Sept 09, 2023	218.2 lbs	15.8 in	44.9 in	14.8 in	15.1 in	39.5	50.1	28.7	28.5	17.8	17.8
Sept 15, 2023	216.4	15.6	44.9	14.6	14.9	39.1	49.8	28.4	28.3	17.5	17.4
Sept 24, 2023	214.5	15.5	44.8	14.5	14.8	38.6	48.6	28.1	28	17.1	17.1
Sept 30, 2023	212.7	15.3	44.6	14.3	14.6	38.2	48.1	27.8	27.8	16.9	16.8

**Additional Notes:**

2023-09-01: Initial assessment completed. Patient motivated, advised on balanced diet and regular exercise. Set realistic weight loss goals. No health concerns affecting weight loss plan.

2023-09-08: Good start! Minor dietary adjustments suggested to improve energy levels. Encouraged increased water intake. Patient reports feeling more active.

2023-09-15: Steady progress. Discussed managing cravings. Recommended a food diary for better tracking. Sleep patterns improved. No signs of distress.

2023-09-22: Positive feedback on new exercise routine. Adjusted workout intensity to match fitness level. Patient reports occasional muscle soreness. Normal at this stage.

2023-09-29: Consistent weight loss. Discussed importance of not skipping meals. Introduced mindfulness eating. Patient shows increased confidence, very encouraging.

Subsequent Weeks: Monitor weight trend. Reinforce healthy eating habits. Regular follow-ups planned to ensure continued progress and to address any challenges promptly.

Note: Patient shows good adherence to plan. No significant health issues noted. Will continue to monitor progress and adjust plan as necessary. Great job so far!

