

Weighing yourself regularly is a great way to track your progress, and to help you keep motivated to reach your goals. We would recommend you weigh yourself once a week.

- If you don't have scales at home, you might be able to use a friends or neighbours, or public use ones at your local supermarket or pharmacy
- You can record your weight on the table below or you might prefer to use a notebook, spreadsheet, or app
- If you need to convert your weight to kilograms or stone and pounds, you can use the [Healthy Weight Grampian - weight converter](#)
- If you also want to keep track of your Body Mass Index (BMI), you can calculate this using the [NHS choices BMI calculator](#) or by using the [BMI Chart](#).

## Weight and BMI Tracker

Week	Date	My weight: Stones and pounds/ kgs	My BMI (kg/m <sup>2</sup> ):
Example	30/03/2021	105.2kg	34.6
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			