

Charting your weight loss journey

Before your next visit, use this chart to record what you've done in the past to try to manage your weight. This will help you and your health care provider understand where you are on your journey and decide on the right path forward.

	Have you tried this?	When did you try this?	How successful was this?	Additional notes or questions
Healthy lifestyle (i.e., diet and/or exercise)				
Prescription drugs				
Endoscopic procedures				
Surgical procedures				