

How do I record and chart my weight?

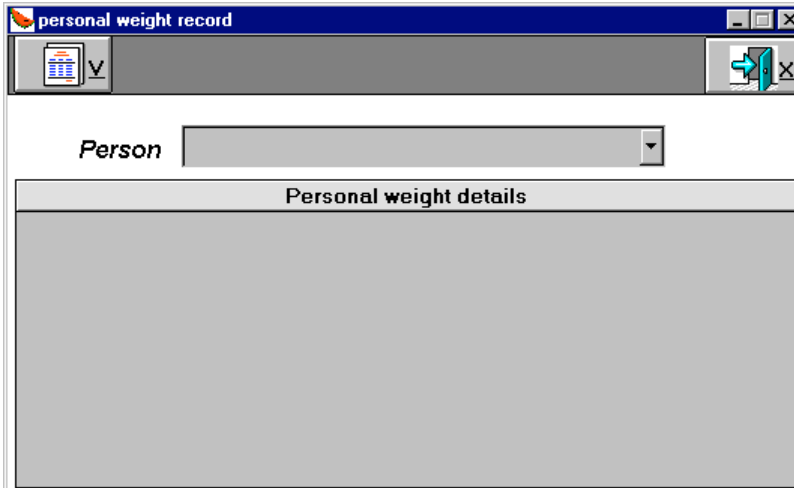
The purpose of this training sheet is to show you how you can record your weight and obtain a chart of your weight change over time.


Recording your weight

From the main menu bar, select the **P**erson option, then select **P**ersonal weights





the personal weight record screen is displayed as shown below:





Click the  to display a drop-down list of persons. Select the person¹ for which weights are to be entered.

The personal weight details area will now display a table with columns for Day, Weight and Notes.

Enter a number for the day, enter your weight and any notes you want to record. An example is shown below:


Personal weight details			
	Day	Weight	Notes
	1	65.	12 Aug 1999: start weight
			

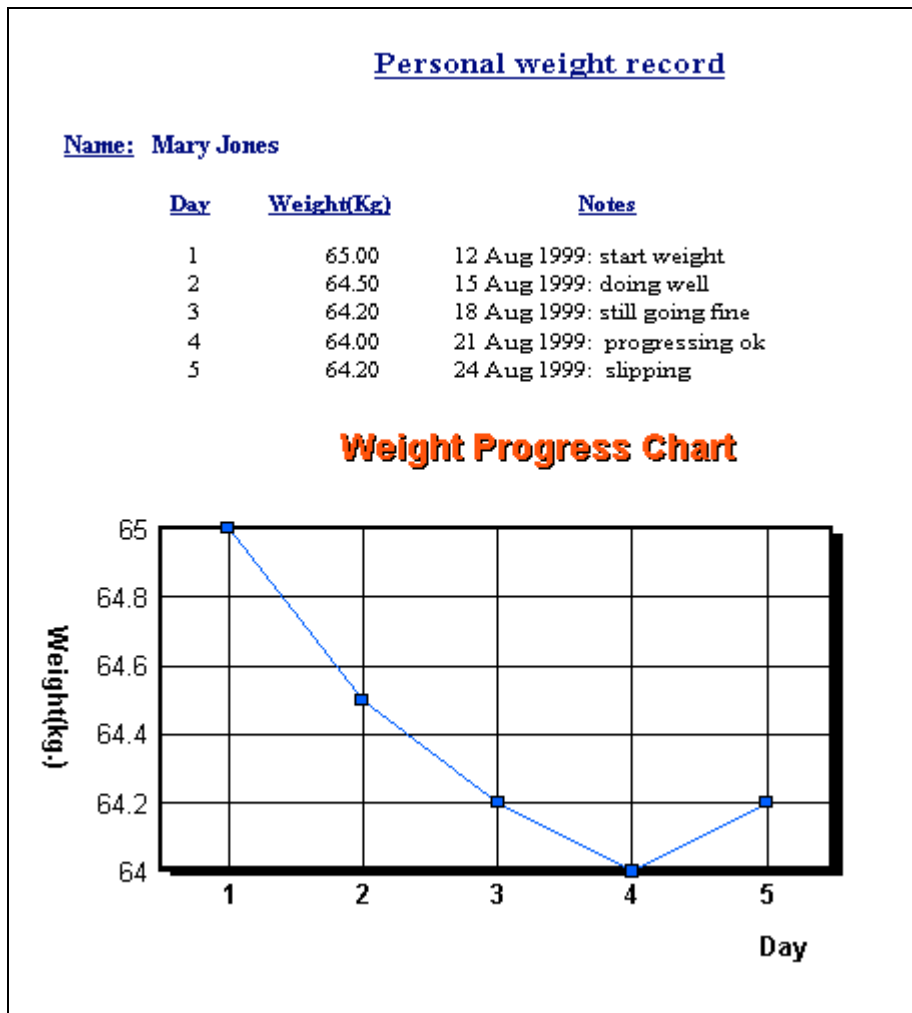
Continue to record your weight details:



Personal weight details			
	Day	Weight	Notes
	1	65.	12 Aug 1999: start weight
	2	64.5	15 Aug 1999: doing well
	3	64.2	18 Aug 1999: still going fine
	4	64.	21 Aug 1999: progressing ok
	5	64.2	24 Aug 1999: slipping
	6	63.9	27 Aug 1999: back on track
			

¹ : If there are no persons in the drop-down list you need to create a quick food intake to create a person.

Charting your progress

Click  to view a chart of your progress. A graph such as shown below will be displayed:



You can print this chart by clicking  or export the information to a spreadsheet or word processing program by clicking  To exit the report click 