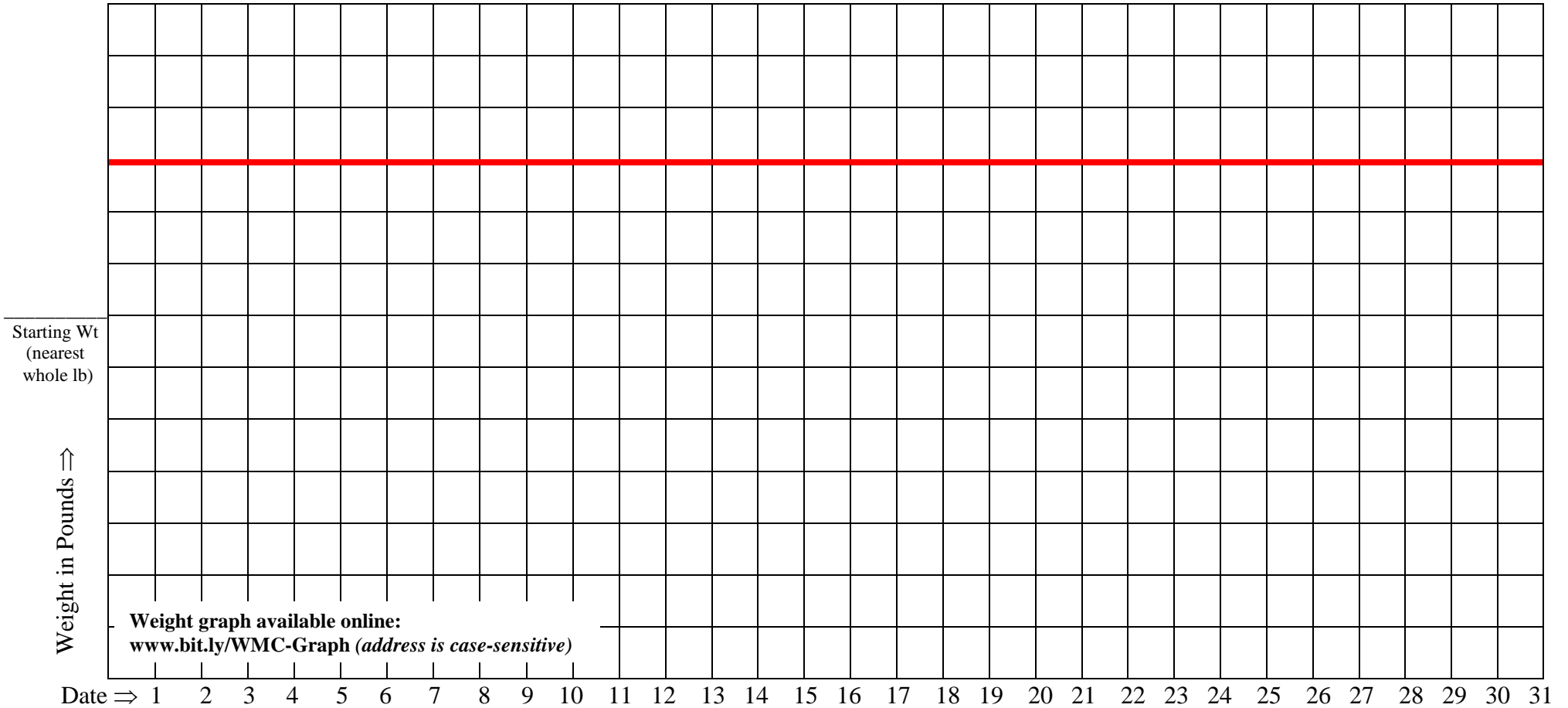


Long-Term Weight Graph

MUSC Weight Management Center (843) 792-2273



Weight graph available online:
www.bit.ly/WMC-Graph (address is case-sensitive)

My Recovery Plan	If my weight goes above the red line I will do the following:	
	1. Diet _____	3. Self-Monitor _____
	2. Exercise _____	4. _____

Month _____ Year _____ Name _____