



	Week	14	15	16	17	18	19	20	21	22	23	24	25	26
Pounds	Date													
+5														
+4														
+3														
+2														
+1														
Week 13 Weight														
-1														
-2														
-3														
-4														
-5														
-6														
-7														
-8														
-9														
-10														
-11														
-12														
-13														
-14														
-15														
-16														
-17														
-18														
-19														
-20														
-21														
-22														
-23														
-24														
-25														

Ask your dietitian for new charts as you need them.