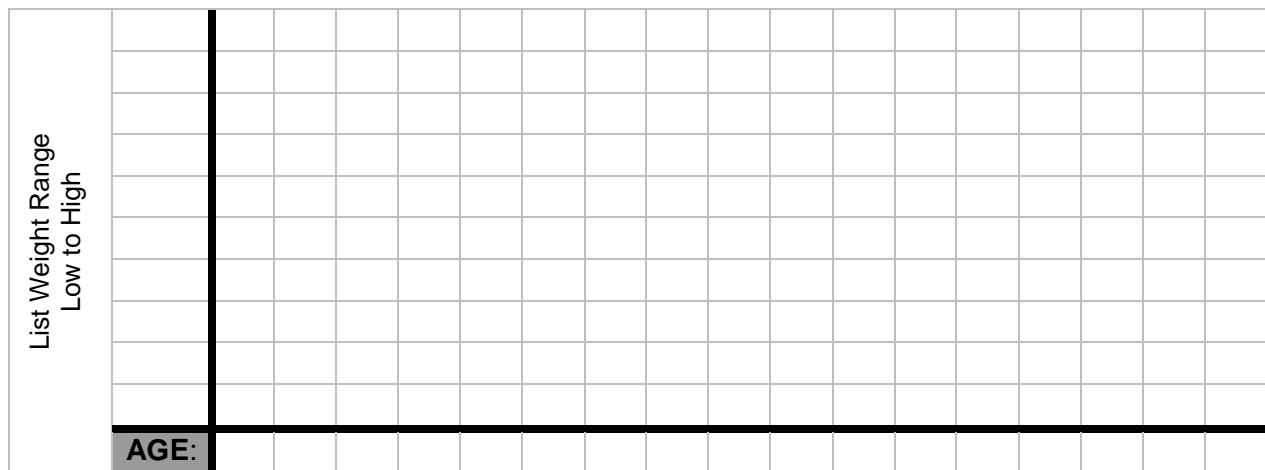


My Weight Story

Your weight has a history, and your recent weight loss is a victory! In order to appreciate where you have been and how far you have come, take some time to understand how you gained and lost the weight over the years. Try to relate the fluctuations in your weight to life events. Fill out the following chart, starting with your weight as a child or young adult.

My Weight	Age	Key Life Events
lbs.		
lbs.		
lbs.		
lbs.		
lbs.		
lbs.		
lbs.		
lbs.		
lbs.		
lbs.		
lbs.		
lbs.		
lbs.		
lbs.		
lbs.		

To help give a picture of what this means it is helpful to make a graph of weight changes over time. Plot your weight on this graph and connect the dots.



Adapted from: Kushner R.F. Personality Type Diet. St. Martin's Press. 2003

As you review this timeline of your “weight story,” what patterns do you see?

Was there a dramatic weight gain or weight loss at some point? If yes, what can you learn from this?

List the key “Life Events” that *most* affected your weight gain.

Preparing for future challenges. Now that you have a better understanding of how life events affect your weight, what must you be “on guard” about in the future?

How have meal replacements and protein supplements supported your success?