SUBJECTIVE HEALTH · PERSONAL RECORD

My weekly weight log

One week. Record only the days you choose. Leave missing days blank.

Week starting (Sunday): _____

Unit for this sheet (circle one): **lb** pounds / **kg** kilograms

Day	Date	Weight
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		

Optional: a weekly average

Recorded days: ____ of 7 Average: _____ lb / kg

Add the recorded weights, then divide by the number of recorded days. Use one unit. With no readings, leave the average blank.

Anything I want to remember? (optional)

A personal record, not a target or a required weighing schedule. An average alone does not establish a trend.

Free calculator and guide: subjective.health/resources/weekly-weight-average

Blank log: subjective.health/resources/weekly-weight-log