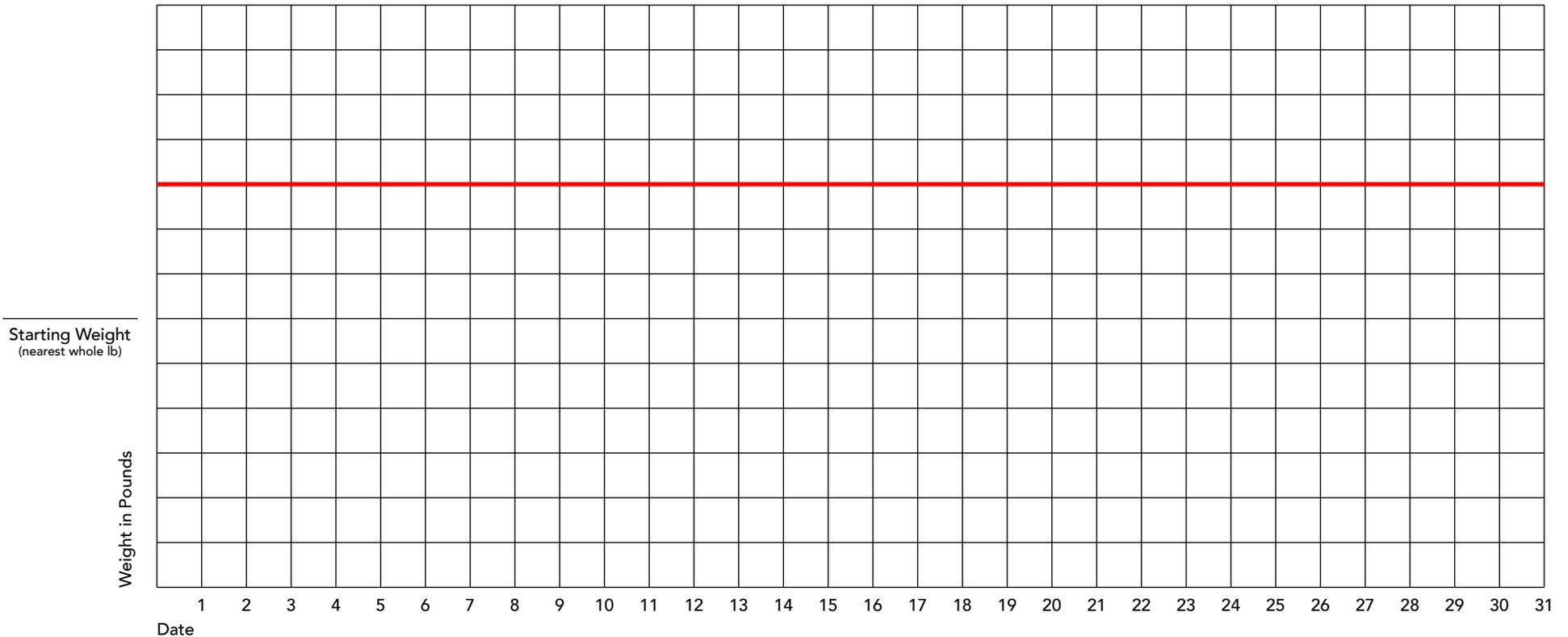


Long-Term Weight Graph

Weight Management Center: (843) 792-2273



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

Month: _____ Year: _____ Name: _____