



Non-Alcoholic Fatty Liver Disease: Weight Tracker

Starting **weight** (lbs.): _____

5% weight loss (3-month goal): _____

Starting **BMI**: _____

10% target weight loss (lbs.) (6-month goal): _____

Date (Goal is 1 entry per week)	Weight (lbs.)	BMI	Labs (if/when drawn)
Week 1:			Hemoglobin A1c: _____ LDL: _____ HDL: _____ Triglycerides: _____
Week 2:			
Week 3:			
Week 4:			
Week 5:			
Week 6:			
Week 7:			
Week 8:			
Week 9:			
Week 10:			
Week 11:			

Week 12:			Hemoglobin A1c: _____ LDL: _____ HDL: _____ Triglycerides: _____
Week 13:			
Week 14:			
Week 15:			
Week 16:			
Week 17:			
Week 18:			
Week 19:			
Week 20:			
Week 21:			
Week 22:			
Week 23:			
Week 24:			Hemoglobin A1c: _____ LDL: _____ HDL: _____ Triglycerides: _____

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