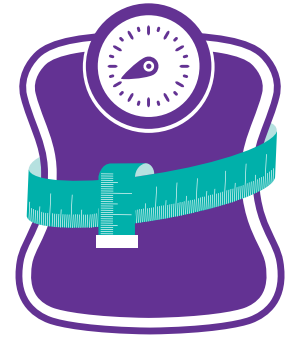


Patient Pack

NewWeigh

Medical Weight Management



Nutritionally complete
formula for fast, safe
and effective weight loss

Phase 1

Total Diet
Replacement (TDR)

Phase 1 TDR Replacement of all ordinary foods with a nutrient complete formulation. This strict dieting phase continues until you reach your desired weight or wish to stop.

Phase 2

Refeed Week

Phase 2 Refeed Week Transfer from the TDR diet to ordinary food. This takes 1 week and is then followed by **Phase 3**.

Phase 3

Meal Replacement
Plan (MRP)

Phase 3 MRP Free long term supervision to help you manage your weight into the future.

Tel: +353 43 33 31969
info@newweigh.ie
www.newweigh.ie

Tel: +44 28 6648 0016
info@newweigh.co.uk
www.newweigh.co.uk



Total Diet Replacement

Know your BMI

The Body Mass Index (BMI) chart is a very good indicator of how your weight affects your health.

1. Find your height along the top

2. Find your weight on the side

3. Circle your BMI

4. Aim for green the healthy section

BMI			Body Mass Index		Weight (kg)		Height x Height (m)																		
					</																				

Set your **weight loss** goal

LIFESTYLE BENEFITS

- * Improve my self confidence
- * Look great for a wedding
- * Fit back into my smaller clothes
- * Sleep well



ACTIVITY BENEFITS

- ✓ Play sport again
- ✓ Climb the stairs easily
- ✓ Play with grandchildren
- ✓ Walk to the shops
- ✓ Run a 5K or a marathon etc.



What's your Motivation?

- Better health ☒
- Better lifestyle ☒
- A special occasion ☐

Health Benefits



- Improve my blood pressure, control my type 2 diabetes, asthma, or indigestion
- Help increase my fertility
- Reduce my joint pain
- Prepare for my operation



Why is traditional dieting so hard?

Traditional dieting is hard due to cravings (insulin resistance).

Just trying to cut back on your own using ordinary food doesn't always work.

Do certain foods trigger your cravings? For example bread, pasta, sweets, biscuits, fruit, simple carbohydrates. If you crave certain foods or tend to graze late at night, you may have a problem called insulin resistance and the best way to diet is to use **NewWeigh Total Diet Replacement (TDR)**.



Using this strict diet method you will feel in control and experience little hunger after 3 or 4 days, making dieting possible. If you are fortunate and don't struggle with cravings then **NewWeigh Meal Replacement Plan (MRP)** is a less strict diet option which will enable you to hit your target weight in a healthy way.

Ketosis makes dieting easier

TDR is a ketogenic diet which provides all your daily nutrients. During this strict phase of dieting your body is using your fat stores for energy (producing ketones) and the sachets are providing complete nutrition.

Medical Questionnaire

Only required for Total Diet Replacement

Phase 1
Total Diet
Replacement

Start Date: / /

Day 3 Date: / /

Patient Name:

Pharmacy Name:

Address:

Address:

Mob:

Email: @

Tel:

GP Name & Address:

Date of Birth: / /

Height: (m)

Weight: (kg)

BMI:

Sex: M/F

Please answer all questions Yes or No

YES NO

Comments

1 Do you have type 1 or type 2 diabetes?

☐☐

2 Have you read the Total Diet Replacement section in this booklet?

☐☐

3 Are you taking any over the counter or prescribed medication at the moment? Please list :

☐☐

4 Do you have high blood pressure?

☐☐

5 Have you visited your GP in the last 18 months?

☐☐

6 Are you under any medical investigation or treatment at the moment?

☐☐

7 Do you have or have you ever had chest pain or heart trouble?

☐☐

8 Do you have asthma?

☐☐

9 Do you suffer from indigestion or stomach problems?

☐☐

10 Do you have gallbladder or gallstone problems?

☐☐

11 Have you ever had a stroke? Please give details.

☐☐

12 Do you have kidney, prostate or bladder problems?

☐☐

Medical Questionnaire

	YES	NO	
13 Do you have problems with constipation or piles?	<input type="checkbox"/>	<input type="checkbox"/>	
14 Do you take any thyroid medication?	<input type="checkbox"/>	<input type="checkbox"/>	
15 Do you have depression or any psychiatric conditions?	<input type="checkbox"/>	<input type="checkbox"/>	
16 Do you suffer from gout?	<input type="checkbox"/>	<input type="checkbox"/>	
17 Do you have a milk allergy or are you lactose intolerant?	<input type="checkbox"/>	<input type="checkbox"/>	
18 Do you have any serious medical conditions at the moment?	<input type="checkbox"/>	<input type="checkbox"/>	
19 Do you have liver disease or have you ever had liver disease in the past?	<input type="checkbox"/>	<input type="checkbox"/>	
20 Have you had a recent operation or do you need an operation?	<input type="checkbox"/>	<input type="checkbox"/>	
21 Do you ever have faints, blackouts or heart palpitations?	<input type="checkbox"/>	<input type="checkbox"/>	
22 Do you have epilepsy?	<input type="checkbox"/>	<input type="checkbox"/>	
23 Have you ever had bariatric or weight loss surgery?	<input type="checkbox"/>	<input type="checkbox"/>	
24 What is your weekly alcohol consumption?		Units:	
25 How much weekly exercise do you take?		Minutes	

WOMEN ONLY SECTION

26 Are you pregnant?	<input type="checkbox"/>	<input type="checkbox"/>	
27 Are you planning to become pregnant in the next four months?	<input type="checkbox"/>	<input type="checkbox"/>	
28 Have you had a miscarriage in the last three months?	<input type="checkbox"/>	<input type="checkbox"/>	
29 Have you given birth in the last three months?	<input type="checkbox"/>	<input type="checkbox"/>	
30 Do you have regular periods (menstrual cycle)?	<input type="checkbox"/>	<input type="checkbox"/>	
31 Are you using a contraceptive cap or diaphragm? If yes, you must use another form of contraception.	<input type="checkbox"/>	<input type="checkbox"/>	

Other Information:

I declare the above answers are true and correct, that I have not omitted any material information, that I have read the information provided for patients, that I consent to taking part in this research programme, and that I authorise the release of the findings of this questionnaire in confidence to [NewWeigh](#). I consent to receiving emails and text messages, including reminders, from [NewWeigh](#) regarding my progress as part of this programme and future weight management.

☐ Please tick this box if you consent to [NewWeigh](#) sending emails and text messages about other products or services that you may be interested in.

Patient Signature:

Date: / /

Pharmacist Signature:

Date: / /

What is Total Diet Replacement (TDR)?

Phase 1
Total Diet Replacement

Excess weight affects your lifestyle and your health. Whatever your reason for starting TDR, you should be aware that it is a strict process and different to any other method of dieting you may have used. This is a 3 phase medical programme supervised by your pharmacy and requires your commitment and co-operation. If you would prefer a less strict dieting option, ask your pharmacy about [NewWeigh Meal Replacement Plan \(MRP\)](#).

Phase 1

Total Diet Replacement (TDR)

Week 1 typical weight loss is mainly “water weight”

Week 2 onwards typical weekly weight loss

Women 2-4lb (0.9-1.8 kg)

Men 3-5lb (1.4-2.3 kg)



Continue every week

Phase 2

Refeed Week

It takes 1 week to stop [NewWeigh Total Diet Replacement \(TDR\)](#) using the Refeed Week

Phase 3

Meal Replacement Plan (MRP)

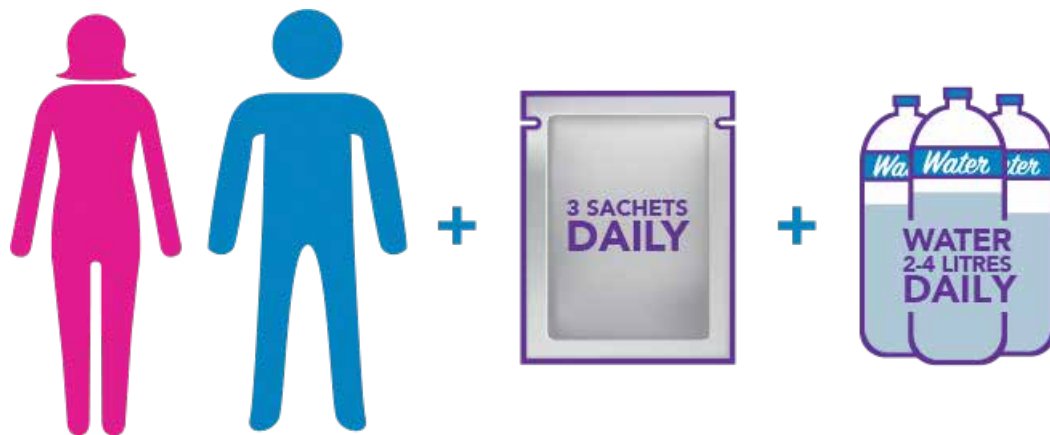
Regular Pharmacy weigh-in using [Meal Replacement Plan \(MRP\)](#) foods.

Phase 1 Total Diet Replacement

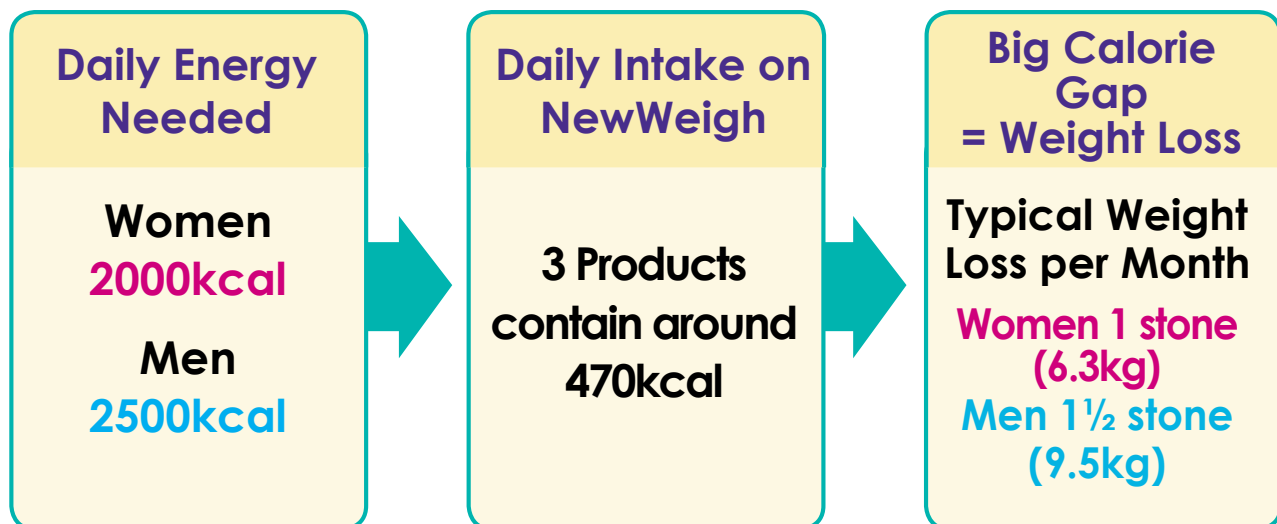
Total Diet Replacement is a simple healthy diet method

Dieting using TDR is very simple. The sachet formula provides all the nutrients your body needs, and your fat reserves are used to supply the energy. Using nutrient complete sachets, TDR allows you to get everything you need in a day to be healthy, in the minimum number of daily calories.

Fast and effective weight loss



A big calorie gap every day



The difference between the number of calories you take in and the number of calories you use is called the **calorie gap**. The bigger the **calorie gap**, the more weight you will lose.

You are not using fewer calories than normal when you are on this diet. You are simply using the calories stored in your body fat for energy.

How do I start Total Diet Replacement?

Phase 1 Total Diet Replacement

- ✓ **Set your weight loss goals** (see page 3).
- ✓ **Have you enough time to start TDR without interruptions from holidays and special occasions?**
- ✓ **Complete the medical questionnaire for approval by the pharmacist and make your first appointment with your pharmacy.**
- ✓ **Follow the instructions in Phase 1 (TDR) of this patient pack to get you started.**
- ✓ **Pick a good day to start.**

What happens on days 1-3?



- Consume 3 **NewWeigh** products + black tea, black coffee and water.
- Your glycogen (sugar) store is being used up.
- You may get a headache or feel slightly groggy on day 3 or 4. If required you may take paracetamol. Take it easy and remind yourself that this feeling will pass. Remember your goal.

What happens on days 4-7?

Day 4

- You start to feel comfortable as hunger is reduced.

Day 5 Onwards

- You start to use up body fat to make up for the calorie gap.
- Slowly sip 2 - 4 litres (max 4L) of water every 24 hours.
- Weight loss could be 7lb (3kg) or more. This is mainly "water weight" and is the same for any diet. Real fat loss starts from week 2 onwards and continues every week that you are on the diet.

TIPS!

Having a tough day?
Distract yourself, go for a walk, or go to bed early. It will pass.



You have done the hard bit. Keep going and the results will be wonderful.

- Return every week for confidential pharmacy weigh-ins, advice and support. Your body is now using it's own fat reserves to produce ketones for fuel. You will feel full of energy and your hunger is manageable.
- Traditional dieting is hard due to cravings (insulin resistance) This is real weight loss now and your goal is achievable.
- Slowly sip 2 - 4 litres (max 4L) of water every 24 hours.
- Computerised records track your progress. We will email your results and tips every week to keep you motivated.

Ask any questions at your pharmacy or call

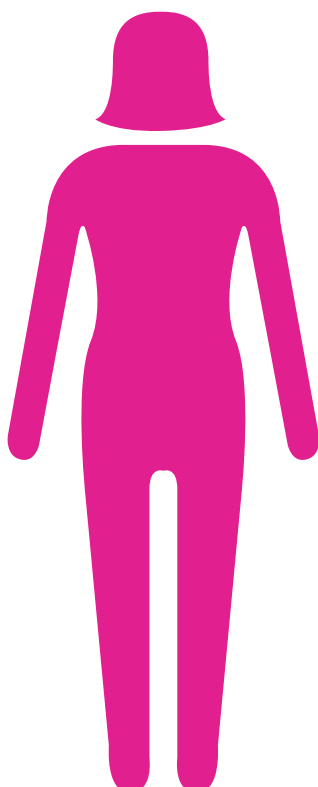
+353 43 33 31969 or email: info@newweigh.ie

+44 28 6648 0016 or email: info@newweigh.co.uk

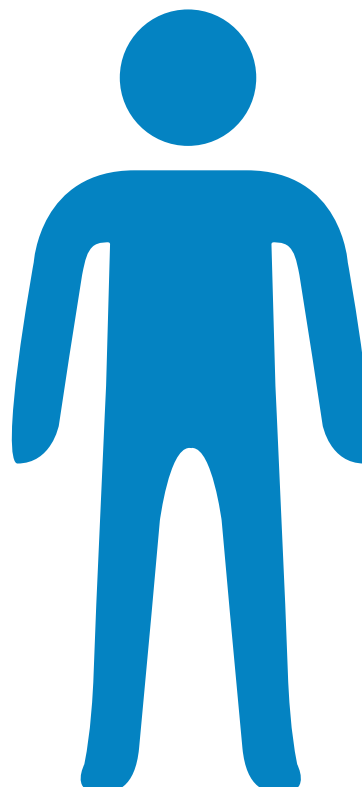


YOUR WEEKLY WEIGH-IN

**Women typically
lose 2-4lb
(0.9 - 1.8kg)**



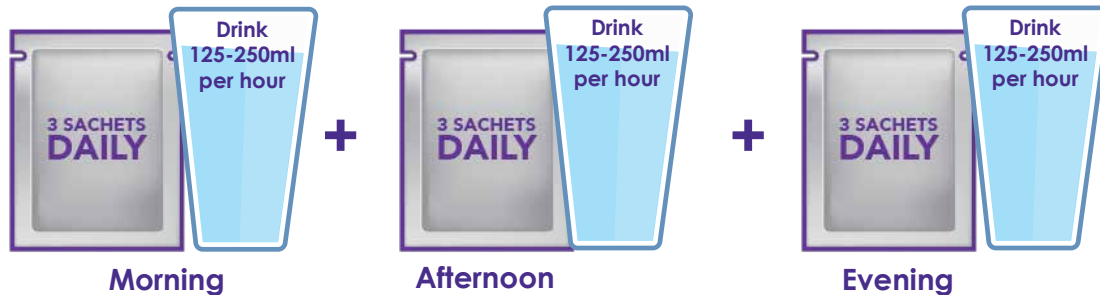
**Men typically
lose 3-5lb
(1.4 - 2.3kg)**



How to use Total Diet Replacement

Phase 1
Total Diet Replacement

Men and Women take 3 TDR products daily



DO's

- ✓ Set your weight loss goal and pick a good day to start.
- ✓ Drink only black tea (leaf only), black coffee and water. Take tablet sweeteners if required.
- ✓ Slowly sip 2 - 4 litres (max. 4 L) of water every 24 hours.
- ✓ You may add coffee to chocolate and vanilla shakes if desired.
- ✓ Shakes may be taken hot or cold.
- ✓ Consume the full sachet within 15 minutes.
- ✓ Continue taking your regular medication.
- ✓ Take **Fibremore** to top up your fibre.
- ✓ You may swap flavours in the first week.
- ✓ Return for weekly weigh-ins at your pharmacy.

DON'Ts

- ✗ Powdered sweeteners are not suitable.
- ✗ Do not add salt, pepper, herbs, croutons, etc.
- ✗ Do not take vitamins, or OTC supplements as they will make you feel hungry (TDR is nutrient complete).
- ✗ Do not drink fruit, root, berry or flower teas as they interfere with the diet.
- ✗ Do not drink alcohol.
- ✗ Please do NOT miss any sachets as your body needs the nutrients.
- ✗ Do not give sachets to another person as they may not be suitable to use TDR.
- ✗ Eating any other food or drink will break the diet, make you feel hungry, and will slow your weight loss.
- ✗ Sorry no refunds - we need your commitment.

TIPS!

Your pharmacy is there for support so keep in touch



Phase 1 Total Diet Replacement

Drinking water

- Your success and comfort when dieting depends on drinking plenty of water. This is a good habit to develop.
- Slowly sip 2 - 4 litres (max 4L) of water every 24 hours
- Sip slowly throughout the day, starting when you wake up and continuing until bedtime. Not drinking properly may result in constipation and may slow down your weight loss.
- If you feel tired, lightheaded or have a headache, you need to increase your water consumption.
- Drink your usual amount of tea and coffee when dieting as extra caffeine may make you feel unwell.



Constipation

- **Fibremore** is an easy way to 'top up' your fibre - it has no taste.
- Constipation is caused by insufficient water intake. Small regular sips of water is the key to avoiding constipation.
- Bowel motions will be less than normal on TDR, but stools should be comfortable to pass.
- If you are uncomfortable it may be necessary to take Senokot or Dulcolax tablets as advised by your pharmacist.



Facts you need to know

Feeling cold

You may feel cold, due to the mild ketosis. Dress more warmly and consider adding hot water to your sachet. (Do not shake hot liquids in the shaker).

Breaking the diet

If you break the diet by consuming even a very small amount of food, you will feel uncomfortable and may retain water. Your weight loss will slow down and your determination will be damaged. Your pharmacy may also remove you from the TDR diet and suggest a less strict alternative. Ring your pharmacy for support if you are struggling.

Minor illnesses

Your diet is nutrient complete but of course you may get coughs, colds and other illnesses when on TDR. These do not normally affect the diet. Consult with your pharmacist or GP about any new symptoms or illnesses.

Bad breath

If you notice bad breath, drink a little more water, use an approved mouthwash, brush teeth and tongue gently. Chewing gum, breath mints and sprays will break ketosis and must not be used. Fresh mint **PaperMints** are the only breath freshening product which is suitable.

Exercise

You may notice that for the first two weeks on the diet, your exercise performance is lower than normal. Drink water before, during and after exercise. Exercise performance will return from around week three on TDR as ketone levels increase. Losing weight makes exercise easier as well as reducing the impact on your joints.

Temporary hair thinning

Very rarely, dieting, pregnancy, illness or shock can cause temporary hair thinning (telogen effluvium). It is only noticeable as the hair is re-growing. If you are concerned about this possibility, particularly if it has happened to you before e.g. during pregnancy or illness, discuss this with your pharmacy.

Telling others

Your weight loss will be noticeable from week 2, but it's a personal choice whether you keep your goals private or tell friends or family.

Congratulations you are now on Phase 2

- It takes 1 week to transfer back to ordinary food.
- Follow the instructions and quantities of food exactly. Adding extra food or **not** eating the full amounts will cause you to regain extra water weight (glycogen store/fluid bloat).
- At the end of the **Refeed Week**, if followed strictly, your weight should be stable or possibly 2-6lb/1-3kg higher. This is normal as your body replenishes it's sugar store (glycogen), so don't be concerned.

What do I need for the Refeed Week?

You will need 8 **NewWeigh** [Meal Replacement Plan \(MRP\)](#) products. These nutritious, high fibre, high protein foods will keep you in control.



7 Day Refeed Week

DAYS 1-3

TIP FOR DAYS 1-3

Follow the instructions exactly – don't add in or miss out any food

You will notice that bread, pasta, fruit, rice and cereals are not included in the first 3 days. This is to avoid 'carbo loading' (fluid bloat/water weight). Carbohydrates will be slowly introduced from day 4 but should not make up a big part of your diet, as they can cause cravings (insulin resistance).

DAY 1 2 Meal Replacement Plan (MRP) foods + 1 small meal	
Breakfast	1 x NewWeigh Meal Replacement Plan food (shake, soup or bar)
Lunch	1 x NewWeigh Meal Replacement Plan food (shake, soup or bar)
Dinner	5-7oz/150-200g of skinless chicken/turkey/lean beef/white fish fillet/tuna/quorn or 2 eggs (boiled/poached) + 100g of vegetables or 3 small tea cups of salad
Drinks	✓ Milk allowed in tea/coffee - Diet drinks allowed - Drink 2 litres of water every 24 hours. ✗ No alcohol or fruit juices

DAY 2 1 Meal Replacement Plan (MRP) foods + 2 small meals	
Breakfast	1 x NewWeigh Meal Replacement Plan food (shake, soup or bar)
Lunch	5-7oz/150-200g of skinless chicken/turkey/ lean beef/white fish fillet/tuna/quorn or 2 eggs (boiled/poached) + 100g of vegetables or 3 small tea cups of salad
Dinner	5-7oz/150-200g of skinless chicken/turkey/white fish fillet/tuna/quorn or 2 eggs (boiled/poached) + 100g of vegetables or 3 small tea cups of salad
Drinks	✓ Milk allowed in tea/coffee - Diet drinks allowed - Drink 2 litres of water every 24 hours. ✗ No alcohol or fruit juices

DAY 3 1 Meal Replacement Plan (MRP) food + 2 small meals (1 meal to include potato)	
Breakfast	1 x NewWeigh Meal Replacement Plan food (shake, soup or bar)
Lunch	5-7oz/150-200g of skinless chicken/turkey/ lean beef/white fish fillet/tuna/quorn or 2 eggs (boiled/poached) + 100g of vegetables or 3 small tea cups of salad
Dinner	5-7oz/150-200g of skinless chicken/turkey/white fish fillet/tuna/quorn or 2 eggs (boiled/poached) + 100g of vegetables or 3 small tea cups of salad + 7oz/200g plain potato (boiled/mashed/baked no added butter or toppings)
Drinks	✓ Milk allowed in tea/coffee - Diet drinks allowed - Drink 2 litres of water every 24 hours. ✗ No alcohol or fruit juices

DAYS 4-7

TIP FOR DAYS 4-7

The aim of days 4-7 is to establish a good habit of only eating 3 times a day, eating sensible portions and avoiding snacking and simple carbohydrates. You must return to your pharmacy for a weigh-in on day 7.

DAYS 4-7	
Breakfast	1 x NewWeigh Meal Replacement Plan food (shake, soup or bar)
Lunch Option 1	Protein e.g. 5-7oz/150-200g of skinless chicken/turkey/lean beef/ lean pork/white fish fillet/tuna/quorn/ (any fish) or 2 eggs (boiled/poached) + 2 heaped tablespoons of vegetables or 3 small tea cups of salad
Lunch Option 2	2 slices of brown bread with protein and salad. Use only low fat/low calorie spreads – no butter
Lunch Option 3	Healthy soup + 2 slices of brown bread (no butter)
Dinner	Protein e.g. 5-7oz/150-200g of skinless chicken/turkey/lean beef/lean pork/white fish fillet(any fish)/tuna/quorn or 2 eggs (boiled/poached) + 200g medium jacket potato/5 small new potatoes (no added fat) or 75g brown rice (preferably) + 100g of vegetables or 3 small tea cups of salad
Drinks	✓ Milk allowed in tea/coffee - Diet drinks allowed - Drink 2 litres of water every 24 hours. ✗ No alcohol or fruit juices
Additional Foods	2 small pieces of fruit can be eaten with meals or late in the evening, and 1 small low fat/low calorie yoghurt.

DAY 8 ONWARDS

Replace 1 or 2 meals a day with NewWeigh MRP foods, and return to your pharmacy every week for a **free** weigh-in, advice and support.

SALAD TIP

Use only very low fat dressings, e.g. balsamic vinegar. Avoid coleslaws, potato salad, etc.

Weight Maintenance Plan

keeping in control

Phase 3
Meal Replacement
Plan

Congratulations on your weight loss.

- Your body is now lighter and requires less energy to run it. Therefore, you will need to eat less than you did before.
- If you return to your old eating habits, your excess weight is guaranteed to return.
- Your pharmacy will continue **free** weekly weigh-ins. Accept their supervision and support as this is key in helping you to stay in control of your new lower weight.



NewWeigh Meal Replacement Plan (MRP)
foods are a good way to stay on track

How to continue after Your 7 Day Refeed Week

The journey ahead

After **Refeed Week** use **1 NewWeigh Meal Replacement Plan** product daily and return every 7 days for a free weigh-in



If you are
losing weight

If your **weight**
is stable

If your **weight**
is increasing

Either continue
as before, or if you
are happy with your
weight, you can
eat a little more

Continue using
1 NewWeigh Meal Replacement Plan
product per day

Consider using
2 NewWeigh Meal Replacement Plan
products
per day for some
days in the week

Repeat **free weekly pharmacy weigh-ins**



Use Meal Replacement Plan foods to stay in control

Phase 3 Meal Replacement Plan



Replacing one or two daily meals or snacks with NewWeigh Meal Replacement Plan is a successful weight loss and weight maintenance strategy.

- ✓ High Fibre
- ✓ High Protein
- ✓ 26 Vitamins and Minerals
- ✓ Can be used as a snack or meal
- ✓ Can be used either to manage your weight or to help you continue to lose more weight
- ✓ Tasty and convenient
- ✓ No need to count calories at mealtimes

Tips to keep cravings away

Losing weight and maintaining a stable weight is very difficult. This is often due to cravings (insulin resistance). Your intentions are good, but keeping your calorie intake down is a struggle. Losing a significant amount of weight will help. Following the tips below will also help you stay on track.

TIPS!

- ✓ **Keep mealtimes short (less than 20 minutes)**
- ✓ **Eat fruit only at mealtimes – not as a snack**
- ✓ **Dieting retrains your taste buds. If you keep away from sweet, fatty and salty foods you won't develop a taste for them again**
- ✓ **Sip 2 litres of water per day – often you think you are hungry but water will make the hunger go away**
- ✓ **Regular pharmacy weigh-ins, supervision and support really work**
- ✓ **Avoid the problem foods that triggered your poor eating habits in the past**
- ✓ **Only eat 3 times a day by the clock. The more often you eat the hungrier you will be!**
- ✓ **Eat some low Glycaemic Index (G.I.) foods at each meal**
- ✓ **If you return to your old habits you will start to regain weight and the cravings will return**
- ✓ **Use **NewWeigh Meal Replacement Plan (MRP)** foods once or twice a day to replace meals or snacks to keep your weight stable**
- ✓ **Ask your pharmacy for the **Meal Replacement Plan (MRP)** booklet**

Weight maintenance long term

Weight fluctuations – the problems of “water weight” (fluid bloat)

Most people lose around 7lb (3kg) of “water weight” during week 1 of TDR. If you lost more than this, then unfortunately you retain more glycogen and “water weight” than average. You can regain this weight in one day from poor eating.

To keep unwanted “water weight” away you need to eat sensibly, keep your weight down and drink plenty of water. Excess “water weight” can be lost by repeating the **Refeed Week** at any time (see pages 15-16).

Daily fluctuations in your weight are not important. It is only if your weight is increasing on a weekly basis that you need to take action. Keep a food diary and ask your pharmacy for advice (see page 23).

Can I repeat the Refeed Week?

The Refeed Week....

is useful any time you feel you need to get back into good habits or lose that feeling of excess fluid bloat.

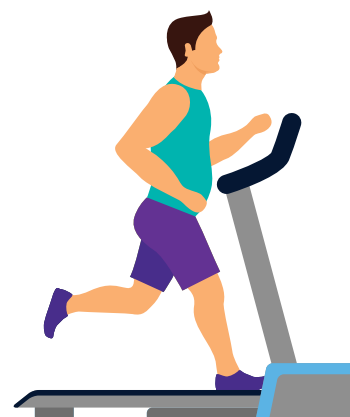
For example

- ✓ To regain control of eating
- ✓ To kickstart a diet
- ✓ Before or after holidays or a special occasion
- ✓ After Christmas or periods of over-indulgence



- Exercise is good for your mental and physical health.
- Regular exercise will help with your weight maintenance, but won't compensate for excess calories.
- If you haven't exercised for a while or have health problems e.g. blood pressure or diabetes, consult your doctor or chartered physiotherapist who can assess you and advise on a personal exercise plan.
- Build up to 30 minutes of moderate intensity aerobic exercise* at least 5 times a week e.g. walking, dancing, gardening, hiking, swimming, cycling, sport.
- If you feel pain, dizziness or nausea during exercise you must stop and consult your doctor.
- Prevention really is better than cure, so try to quit smoking, drink alcohol only in moderation and take regular exercise.

*World Health Organisation Physical Activity
Guidelines for adults 18 - 64 years.



Total Daily Energy Expenditure (TDEE)

The BMI calculator on the NewWeigh website also works out your TDEE. This is a very good estimate of the number of calories it takes to run your body for 24 hours

Keep a check on your BMI

- The Body Mass Index (BMI) chart is a very good indicator of how your weight affects your health.
- Excess weight increases your risk of many illnesses. The more overweight you are, the greater the risk. Taking responsibility for your own health is the best decision you can make.



NewWeigh and your pharmacy will help you to manage your weight.

7-Day Food Diary

Write your goal at the start of each week to keep you focused:

.....

.....

.....

- Eat 3 times a day only.
- Keep mealtimes short.
- Write it down before you eat it.
- Note the time you eat (identify eating patterns).
- Remember to be honest!

MONDAY

BREAKFAST	7am
	8am
	9am
	10am
	11am
LUNCH	12am
	1pm
	2pm
	3pm
	4pm
EVENING	5pm
	6pm
	7pm
	8pm
	9pm
	10pm
	11pm

Water: ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ 2 Litres per 24hrs (Never more than 4L)

TUESDAY

BREAKFAST	7am
	8am
	9am
	10am
	11am
LUNCH	12am
	1pm
	2pm
	3pm
	4pm
EVENING	5pm
	6pm
	7pm
	8pm
	9pm
	10pm
	11pm

Water: ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ 2 Litres per 24hrs (Never more than 4L)

WEDNESDAY

BREAKFAST	7am
	8am
	9am
	10am
	11am
LUNCH	12am
	1pm
	2pm
	3pm
	4pm
EVENING	5pm
	6pm
	7pm
	8pm
	9pm
	10pm
	11pm

Water: ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ 2 Litres per 24hrs (Never more than 4L)

THURSDAY

BREAKFAST	7am
	8am
	9am
	10am
	11am
LUNCH	12am
	1pm
	2pm
	3pm
	4pm
EVENING	5pm
	6pm
	7pm
	8pm
	9pm
	10pm
	11pm

Water: ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ 2 Litres per 24hrs (Never more than 4L)

FRIDAY

BREAKFAST	7am
	8am
	9am
	10am
	11am
LUNCH	12am
	1pm
	2pm
	3pm
	4pm
EVENING	5pm
	6pm
	7pm
	8pm
	9pm
	10pm
	11pm

Water: ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ 2 Litres per 24hrs (Never more than 4L)

SATURDAY

BREAKFAST	7am
	8am
	9am
	10am
	11am
LUNCH	12am
	1pm
	2pm
	3pm
	4pm
EVENING	5pm
	6pm
	7pm
	8pm
	9pm
	10pm
	11pm

Water: ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ 2 Litres per 24hrs (Never more than 4L)

SUNDAY

BREAKFAST	7am
	8am
	9am
	10am
	11am
LUNCH	12am
	1pm
	2pm
	3pm
	4pm
EVENING	5pm
	6pm
	7pm
	8pm
	9pm
	10pm
	11pm

Water: ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ 2 Litres per 24hrs (Never more than 4L)

BMI			Body Mass Index										Weight (kg)											
			Height x Height (m)																					
			Ft	4'6"	4'7"	4'8"	4'9"	4'10"	4'11"	5'0"	5'1"	5'2"	5'3"	5'4"	5'5"	5'6"	5'7"	5'8"	5'9"	5'10"	5'11"	6'0"	6'1"	6'2"
			m	1.37	1.40	1.42	1.45	1.47	1.50	1.52	1.55	1.58	1.60	1.63	1.65	1.68	1.70	1.73	1.75	1.78	1.80	1.83	1.85	1.88
St	Lb	Kg	SUPER SUPER MORBID OBESE										SUPER MORBID OBESE				MORBID OBESE				SUPER OBESE			
20	7	130	69.3	66.3	64.5	61.8	60.2	57.8	56.3	54.1	52.1	50.8	48.9	47.8	46.1	45.0	43.4	42.4	41.0	40.1	38.8	38.0	36.8	OBESE
20	2	128	68.2	65.3	63.5	60.9	59.2	56.9	55.4	53.3	51.3	50.0	48.2	47.0	45.4	44.3	42.8	41.8	40.4	39.5	38.2	37.4	36.2	
19	12	126	67.1	64.3	62.5	59.9	58.3	56.0	54.5	52.4	50.5	49.2	47.4	46.3	44.6	43.6	42.1	41.1	39.8	38.9	37.6	36.8	35.6	
19	7	124	66.1	63.3	61.5	59.0	57.4	55.1	53.7	51.6	49.7	48.4	46.7	45.5	43.9	42.9	41.4	40.5	39.1	38.3	37.0	36.2	35.1	
19	3	122	65.0	62.2	60.5	58.0	56.5	54.2	52.8	50.8	48.9	47.7	45.9	44.8	43.2	42.2	40.8	39.8	38.5	37.7	36.4	35.6	34.5	
18	13	120	63.9	61.2	59.5	57.1	55.5	53.3	51.9	49.9	48.1	46.9	45.2	44.1	42.5	41.5	40.1	39.2	37.9	37.0	35.8	35.1	34.0	
18	8	118	62.9	60.2	58.5	56.1	54.6	52.4	51.1	49.1	47.3	46.1	44.4	43.3	41.8	40.8	39.4	38.5	37.2	36.4	35.2	34.5	33.4	
18	4	116	61.8	59.2	57.5	55.2	53.7	51.6	50.2	48.3	46.5	45.3	43.7	42.6	41.1	40.1	38.8	37.9	36.6	35.8	34.6	33.9	32.8	
17	13	114	60.7	58.2	56.5	54.2	52.8	50.7	49.3	47.5	45.7	44.5	42.9	41.9	40.4	39.4	38.1	37.2	36.0	35.2	34.0	33.3	32.3	
17	9	112	59.7	57.1	55.5	53.3	51.8	49.8	48.5	46.6	44.9	43.8	42.2	41.1	39.7	38.8	37.4	36.6	35.3	34.6	33.4	32.7	31.7	
17	5	110	58.6	56.1	54.6	52.3	50.9	48.9	47.6	45.8	44.1	43.0	41.4	40.4	39.0	38.1	36.8	35.9	34.7	34.0	32.8	32.1	31.1	OVERWEIGHT
17	0	108	57.5	55.1	53.6	51.4	50.0	48.0	46.7	45.0	43.3	42.2	40.6	39.7	38.3	37.4	36.1	35.3	34.1	33.3	32.2	31.6	30.6	
16	10	106	56.5	54.1	52.6	50.4	49.1	47.1	45.9	44.1	42.5	41.4	39.9	38.9	37.6	36.7	35.4	34.6	33.5	32.7	31.7	31.0	30.0	
16	5	104	55.4	53.1	51.6	49.5	48.1	46.2	45.0	43.3	41.7	40.6	39.1	38.2	36.8	36.0	34.7	34.0	32.8	32.1	31.1	30.4	29.4	
16	1	102	54.3	52.0	50.6	48.5	47.2	45.3	44.1	42.5	40.9	39.8	38.4	37.5	36.1	35.3	34.1	33.3	32.2	31.5	30.5	29.8	28.9	
15	11	100	53.3	51.0	49.6	47.6	46.3	44.4	43.3	41.6	40.1	39.1	37.6	36.7	35.4	34.6	33.4	32.7	31.6	30.9	29.9	29.2	28.3	
15	6	98	52.2	50.0	48.6	46.6	45.4	43.6	42.4	40.8	39.3	38.3	36.9	36.0	34.7	33.9	32.7	32.0	30.9	30.2	29.3	28.6	27.7	HEALTHY
15	2	96	51.1	49.0	47.6	45.7	44.4	42.7	41.6	40.0	38.5	37.5	36.1	35.3	34.0	33.2	32.1	31.3	30.3	29.6	28.7	28.0	27.2	
14	11	94	50.1	48.0	46.6	44.7	43.5	41.8	40.7	39.1	37.7	36.7	35.4	34.5	33.3	32.5	31.4	30.7	29.7	29.0	28.1	27.5	26.6	
14	7	92	49.0	46.9	45.6	43.8	42.6	40.9	39.8	38.3	36.9	35.9	34.6	33.8	32.6	31.8	30.7	30.0	29.0	28.4	27.5	26.9	26.0	
14	2	90	48.0	45.9	44.6	42.8	41.6	40.0	39.0	37.5	36.1	35.2	33.9	33.1	31.9	31.1	30.1	29.4	28.4	27.8	26.9	26.3	25.5	
13	12	88	46.9	44.9	43.6	41.9	40.7	39.1	38.1	36.6	35.3	34.4	33.1	32.3	31.2	30.4	29.4	28.7	27.8	27.2	26.3	25.7	24.9	
13	8	86	45.8	43.9	42.7	40.9	39.8	38.2	37.2	35.8	34.4	33.6	32.4	31.6	30.5	29.8	28.7	28.1	27.1	26.5	25.7	25.1	24.3	UNDERWEIGHT
13	3	84	44.8	42.9	41.7	40.0	38.9	37.3	36.4	35.0	33.6	32.8	31.6	30.9	29.8	29.1	28.1	27.4	26.5	25.9	25.1	24.5	23.8	
12	13	82	43.7	41.8	40.7	39.0	37.9	36.4	35.5	34.1	32.8	32.0	30.9	30.1	29.1	28.4	27.4	26.8	25.9	25.3	24.5	24.0	23.2	
12	8	80	42.6	40.8	39.7	38.0	37.0	35.6	34.6	33.3	32.0	31.3	30.1	29.4	28.3	27.7	26.7	26.1	25.2	24.7	23.9	23.4	22.6	
12	4	78	41.6	39.8	38.7	37.1	36.1	34.7	33.8	32.5	31.2	30.5	29.4	28.7	27.6	27.0	26.1	25.5	24.6	24.1	23.3	22.8	22.1	
12	0	76	40.5	38.8	37.7	36.1	35.2	33.8	32.9	31.6	30.4	29.7	28.6	27.9	26.9	26.3	25.4	24.8	24.0	23.5	22.7	22.2	21.5	
11	9	74	39.4	37.8	36.7	35.2	34.2	32.9	32.0	30.8	29.6	28.9	27.9	27.2	26.2	25.6	24.7	24.2	23.4	22.8	22.1	21.6	20.9	UNDERWEIGHT
11	5	72	38.4	36.7	35.7	34.2	33.3	32.0	31.2	30.0	28.8	28.1	27.1	26.4	25.5	24.9	24.1	23.5	22.7	22.2	21.5	21.0	20.4	
11	0	70	37.3	35.7	34.7	33.3	32.4	31.1	30.3	29.1	28.0	27.3	26.3	25.7	24.8	24.2	23.4	22.9	22.1	21.6	20.9	20.5	19.8	
10	10	68	36.2	34.7	33.7	32.3	31.5	30.2	29.4	28.3	27.2	26.6	25.6	25.0	24.1	23.5	22.7	22.2	21.5	21.0	20.3	19.9	19.2	
10	6	66	35.2	33.7	32.7	31.4	30.5	29.3	28.6	27.5	26.4	25.8	24.8	24.2	23.4	22.8	22.1	21.6	20.8	20.4	19.7	19.3	18.7	
10	1	64	34.1	32.7	31.7	30.4	29.6	28.4	27.7	26.6	25.6	25.0	24.1	23.5	22.7	22.1	21.4	20.9	20.2	19.8	19.1	18.7	18.1	
9	11	62	33.0	31.6	30.7	29.5	28.7	27.6	26.8	25.8	24.8	24.2	23.3	22.8	22.0	21.5	20.7	20.2	19.6	19.1	18.5	18.1	17.5	
9	6	60	32.0	30.6	29.8	28.5	27.8	26.7	26.0	25.0	24.0	23.4	22.6	22.0	21.3	20.8	20.0	19.6	18.9	18.5	17.9	17.5	17.0	
9	2	58	30.9	29.6	28.8	27.6	26.8	25.8	25.1	24.1	23.2	22.7	21.8	21.3	20.5	20.1	19.4	18.9	18.3	17.9	17.3	16.9	16.4	
8	12	56	29.8	28.6	27.8	26.6	25.9	24.9	24.2	23.3	22.4	21.9	21.1	20.6	19.8	19.4	18.7	18.3	17.7	17.3	16.7	16.4	15.8	
8	7	54	28.8	27.6	26.8	25.7	25.0	24.0	23.4	22.5	21.6	21.1	20.3	19.8	19.1	18.7	18.0	17.6	17.0	16.7	16.1	15.8	15.3	
8	3	52	27.7	26.5	25.8	24.7	24.1	23.1	22.5	21.6	20.8	20.3	19.6	19.1	18.4	18.0	17.4	17.0	16.4	16.0	15.5			
7	12	50	26.6	25.5	24.8	23.8	23.1	22.2	21.6	20.8	20.0	19.5	18.8	18.4	17.7	17.3	16.7	16.3	15.8	15.4				
15 – 20 Underweight						20 – 25 Healthy						25 – 30 Overweight						30 – 35 Obese						
35 – 40 Super Obese						40 – 45 Morbid Obese						45 – 50 Super Morbid Obese						50+ Super Super Morbid Obese						

Name
Date:

Starting BMI:
Weight:
Target BMI:
Weight: