

# Weight & BMI Tracker

Monthly weight and waist monitoring record

## Use the tracker wisely

- Measure weight under similar conditions each time.
- Waist circumference can add useful information about central obesity risk.
- BMI is a screening tool, not a complete measure of health.
- Aim for sustainable changes rather than rapid weight loss.

| Month | Weight (kg) | BMI | Waist (cm) | Notes |
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Even modest sustained weight reduction can improve blood pressure, glucose and fatty-liver risk in people who are overweight.

**Important:** This resource is for general education and does not replace an individual medical consultation. Seek urgent medical care for severe, rapidly worsening or emergency symptoms.