



# Monthly Weight Loss Chart



Name: May Parker / Age: 38

Month	Starting Weight	Goal Weight	Actual Weight	Weight Loss
Jan	200 lbs	195 lbs	195 lbs	5 lbs
Feb	195 lbs	190 lbs	192 lbs	3 lbs
March	192 lbs	185 lbs	188 lbs	4 lbs
April	188 lbs	180 lbs	185 lbs	3 lbs
May	185 lbs	175 lbs	178 lbs	7 lbs
June	178 lbs	170 lbs	173 lbs	5 lbs
July	173 lbs	165 lbs	168 lbs	5 lbs
Aug	168 lbs	160 lbs	158 lbs	5 lbs
Sept	163 lbs	155 lbs	153 lbs	5 lbs
Oct	158 lbs	150 lbs	148 lbs	5 lbs
Nov	153 lbs	145 lbs	145 lbs	5 lbs
Dec	148 lbs	140 lbs	140 lbs	5 lbs

## Weight Loss Plan This Month Returns

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*The Hahnemannian Monthly*, 1923      Human Vitality and Efficiency Under Prolonged Restricted Diet Francis Gano Benedict, Walter Richard Miles, Paul Roth, Henry Monmouth Smith, 1919      **Beyond a Shadow of a Diet** Judith Matz, Ellen Frankel, 2024-05-20 Now in its third edition *Beyond a Shadow of a Diet* is the most comprehensive book available for professionals working with clients who struggle with binge and emotional eating chronic dieting and body image Divided into three sections The Problem The Treatment and The Solution this book is filled with compelling clinical examples visualizations and exercises that professionals can use to deepen their knowledge and skills as they help clients find freedom from preoccupation with food and weight New research on diet failure health weight and weight stigma makes a case for why clinicians must reflect on their own attitudes and biases to understand how a weight loss focus can harm clients In addition to addressing the symptoms dynamics and treatment of eating problems this book presents a holistic framework that includes topics such as cultural ethical and social justice issues the role of self compassion and promoting physical and emotional well being for people of all shapes and sizes Drawing from the attuned eating and weight inclusive frameworks this book serves as an essential resource for both new clinicians and those interested in shifting their clinical approach Trauma informed and filled with compelling client stories and step by step strategies *Beyond a Shadow of a Diet* offers professionals and their clients a positive evidence based model for making peace with food their bodies and themselves      **American Journal of Diseases of Children**, 1911      The American Journal of the Medical Sciences, 1921      **The Clinical Journal**, 1905      **Journal of the American Medical Association**, 1926 Includes proceedings of the association papers read at the annual sessions and lists of current medical literature      Clinical Journal, 1917      **Federal Register**, 1944      Modern Hospital, 1930      **Transactions** American Gastroenterological Association, 1929      *Dietary Administration and Therapy*, 1923      **British Medical Journal**, 1929      **The Lancet**, 1875      Journal of the National Medical Association, 1987      **Weekly World News**, 1996-01-30 Rooted in the creative success of over 30 years of supermarket tabloid publishing the *Weekly World News* has been the world's only reliable news source since 1979 The online hub [www.weeklyworldnews.com](http://www.weeklyworldnews.com) is a leading entertainment news site      *Popular Mechanics*, 1982-07 *Popular Mechanics* inspires instructs and influences readers to help them master the modern world Whether it's practical DIY home improvement tips gadgets and digital technology information on the newest cars or the latest breakthroughs in science *PM* is the ultimate guide to our high tech lifestyle      **Annual Meeting of the American Gastro-Enterological Association** American Gastroenterological Association, 1929      **Bulletin of the Buffalo General Hospital** Buffalo General Hospital, 1923      Journal, 1914

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