

City Health Services Medical Weight Loss Logbook

Patient Name: _____

Measurements: *Hips @ G Trochanter, Thigh @ fingertips, Arm @ thickest bicep, Chest @ nipple.

Initial: Height:_____Weight:_____ BF%:_____ BMI:_____

Hips: _____ Thigh:_____ Arm:_____ Chest:_____

Injection Semaglutide:_____ (ML) B12 w/Lipo:_____ (ML)

Nutrition Avg H2O:_____ Avg Cal/day (eat):_____ Avg Cal/day Burn:_____

Week 2: Height:_____Weight:_____ BF%:_____ BMI:_____

Hips: _____ Thigh:_____ Arm:_____ Chest:_____

Injection Semaglutide:_____ (ML) B12 w/Lipo:_____ (ML)

Nutrition Avg H2O:_____ Avg Cal/day (eat):_____ Avg Cal/day Burn:_____

Week 3: Height:_____Weight:_____ BF%:_____ BMI:_____

Hips: _____ Thigh:_____ Arm:_____ Chest:_____

Injection Semaglutide:_____ (ML) B12 w/Lipo:_____ (ML)

Nutrition Avg H2O:_____ Avg Cal/day (eat):_____ Avg Cal/day Burn:_____

Week 4: Height:_____Weight:_____ BF%:_____ BMI:_____

Hips: _____ Thigh:_____ Arm:_____ Chest:_____

Injection Semaglutide:_____ (ML) B12 w/Lipo:_____ (ML)

Nutrition Avg H2O:_____ Avg Cal/day (eat):_____ Avg Cal/day Burn:_____

Week 5: Height:_____Weight:_____ BF%:_____ BMI:_____

Hips: _____ Thigh:_____ Arm:_____ Chest:_____

Injection Semaglutide:_____ (ML) B12 w/Lipo:_____ (ML)

Nutrition Avg H2O:_____ Avg Cal/day (eat):_____ Avg Cal/day Burn:_____

Week 6: Height:_____ Weight:_____ BF%:_____ BMI:_____

Hips: _____ Thigh:_____ Arm:_____ Chest:_____

Injection Semaglutide:_____ (ML) B12 w/Lipo:_____ (ML)

Nutrition Avg H2O:_____ Avg Cal/day (eat):_____ Avg Cal/day Burn:_____

Week 7: Height:_____ Weight:_____ BF%:_____ BMI:_____

Hips: _____ Thigh:_____ Arm:_____ Chest:_____

Injection Semaglutide:_____ (ML) B12 w/Lipo:_____ (ML)

Nutrition Avg H2O:_____ Avg Cal/day (eat):_____ Avg Cal/day Burn:_____

Week 8: Height:_____ Weight:_____ BF%:_____ BMI:_____

Hips: _____ Thigh:_____ Arm:_____ Chest:_____

Injection Semaglutide:_____ (ML) B12 w/Lipo:_____ (ML)

Nutrition Avg H2O:_____ Avg Cal/day (eat):_____ Avg Cal/day Burn:_____

Week 9: Height:_____ Weight:_____ BF%:_____ BMI:_____

Hips: _____ Thigh:_____ Arm:_____ Chest:_____

Injection Semaglutide:_____ (ML) B12 w/Lipo:_____ (ML)

Nutrition Avg H2O:_____ Avg Cal/day (eat):_____ Avg Cal/day Burn:_____

Week 10: Height:_____ Weight:_____ BF%:_____ BMI:_____

Hips: _____ Thigh:_____ Arm:_____ Chest:_____

Injection Semaglutide:_____ (ML) B12 w/Lipo:_____ (ML)

Nutrition Avg H2O:_____ Avg Cal/day (eat):_____ Avg Cal/day Burn:_____

Week 11: Height:_____Weight:_____ BF%:_____ BMI:_____

Hips: _____ Thigh:_____ Arm:_____ Chest:_____

Injection Semaglutide:_____ (ML) B12 w/Lipo:_____ (ML)

Nutrition Avg H2O:_____ Avg Cal/day (eat):_____ Avg Cal/day Burn:_____

Week 12: Height:_____Weight:_____ BF%:_____ BMI:_____

Hips: _____ Thigh:_____ Arm:_____ Chest:_____

Injection Semaglutide:_____ (ML) B12 w/Lipo:_____ (ML)

Nutrition Avg H2O:_____ Avg Cal/day (eat):_____ Avg Cal/day Burn:_____

Week 13: Height:_____Weight:_____ BF%:_____ BMI:_____

Hips: _____ Thigh:_____ Arm:_____ Chest:_____

Injection Semaglutide:_____ (ML) B12 w/Lipo:_____ (ML)

Nutrition Avg H2O:_____ Avg Cal/day (eat):_____ Avg Cal/day Burn:_____

Week 14: Height:_____Weight:_____ BF%:_____ BMI:_____

Hips: _____ Thigh:_____ Arm:_____ Chest:_____

Injection Semaglutide:_____ (ML) B12 w/Lipo:_____ (ML)

Nutrition Avg H2O:_____ Avg Cal/day (eat):_____ Avg Cal/day Burn:_____

Week 15: Height:_____Weight:_____ BF%:_____ BMI:_____

Hips: _____ Thigh:_____ Arm:_____ Chest:_____

Injection Semaglutide:_____ (ML) B12 w/Lipo:_____ (ML)

Nutrition Avg H2O:_____ Avg Cal/day (eat):_____ Avg Cal/day Burn:_____

Week 16: Height:_____Weight:_____ BF%:_____ BMI:_____

Hips: _____ Thigh:_____ Arm:_____ Chest:_____

Injection Semaglutide:_____ (ML) B12 w/Lipo:_____ (ML)

Nutrition Avg H2O:_____ Avg Cal/day (eat):_____ Avg Cal/day Burn:_____

Week 17: Height:_____ Weight:_____ BF%:_____ BMI:_____

Hips: _____ Thigh:_____ Arm:_____ Chest:_____

Injection Semaglutide:_____ (ML) B12 w/Lipo:_____ (ML)

Nutrition Avg H2O:_____ Avg Cal/day (eat):_____ Avg Cal/day Burn:_____

Week 18: Height:_____ Weight:_____ BF%:_____ BMI:_____

Hips: _____ Thigh:_____ Arm:_____ Chest:_____

Injection Semaglutide:_____ (ML) B12 w/Lipo:_____ (ML)

Nutrition Avg H2O:_____ Avg Cal/day (eat):_____ Avg Cal/day Burn:_____

Week 19: Height:_____ Weight:_____ BF%:_____ BMI:_____

Hips: _____ Thigh:_____ Arm:_____ Chest:_____

Injection Semaglutide:_____ (ML) B12 w/Lipo:_____ (ML)

Nutrition Avg H2O:_____ Avg Cal/day (eat):_____ Avg Cal/day Burn:_____

Week 20: Height:_____ Weight:_____ BF%:_____ BMI:_____

Hips: _____ Thigh:_____ Arm:_____ Chest:_____

Injection Semaglutide:_____ (ML) B12 w/Lipo:_____ (ML)

Nutrition Avg H2O:_____ Avg Cal/day (eat):_____ Avg Cal/day Burn:_____