

Participant: \_\_\_\_\_

# Looking Back...



## Year 1

Starting weight: \_\_\_\_\_ lb.  
Ending weight: \_\_\_\_\_ lb.  
Weight loss: \_\_\_\_\_ lb.  
% weight loss: \_\_\_\_\_ %  
Attendance: \_\_\_\_\_ out of 44 Sessions

## Year 2

Ending weight: \_\_\_\_\_ lb.  
Weight loss: \_\_\_\_\_ lb. (from baseline)  
% weight loss: \_\_\_\_\_ % (from baseline)  
Attendance: \_\_\_\_\_ out of 12 Individual Sessions  
\_\_\_\_\_ total clinic visits

## Year 3

Ending weight: \_\_\_\_\_ lb.  
Weight loss: \_\_\_\_\_ lb. (from baseline)  
% weight loss: \_\_\_\_\_ % (from baseline)  
Attendance: \_\_\_\_\_ out of 12 Individual Sessions  
\_\_\_\_\_ total clinic visits

## Year 4

Ending weight: \_\_\_\_\_ lb.  
Weight loss: \_\_\_\_\_ lb. (from baseline)  
% weight loss: \_\_\_\_\_ % (from baseline)  
Attendance: \_\_\_\_\_ out of 12 Individual Sessions  
\_\_\_\_\_ total clinic visits

## Looking AHEAD: Year 5

Starting weight: \_\_\_\_\_ lb.                      Goal end weight: \_\_\_\_\_ lb.  
Attendance goal: \_\_\_\_\_ sessions                      Activity goal: \_\_\_\_\_ min/wk