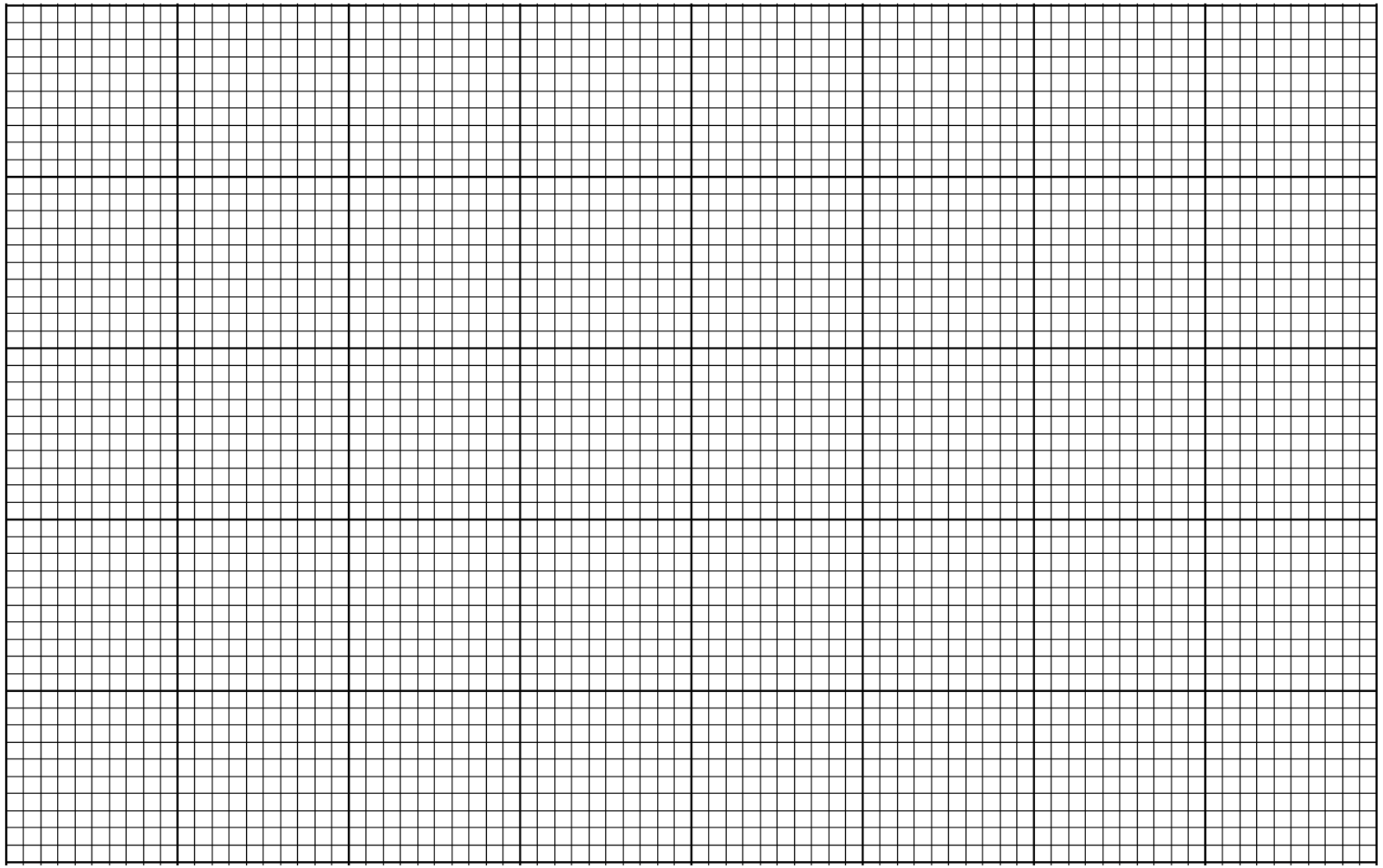
INSIDE OUT
Institute for Eating Disorders

## Weight Chart

Name: Height: Goal weight:

Weight (kg)



Date

Session