
Three Numbers: A 12-Month Tracker

Measure once a month, at the same time, with the same scale and the same chair (Chapters 1, 2 and 6). How to measure:

- **Weight:** in the morning, after using the toilet, before eating or drinking.
- **Waist:** halfway between your lowest rib and the top of your hip bone, breathing out gently.
- **Chair stands:** a sturdy armless chair against a wall, arms crossed over your chest; count the full stands in 30 seconds. If your balance isn't good, have someone beside you.

Date I started the medicine: _____

Starting weight: _____ kg

Date I stopped (if stopped): _____

Lowest weight: _____ kg

Reminder line: _____ kg

Red line ▼: _____ kg (how to set them: Chapter 8)

Write the date next to the month number.

Month	Weight	Waist	Chair stands	Sessions	Hit red line
0					
1					
2					
3					
4					
5					

Month	Weight	Waist	Chair stands	Sessions	Hit red line
6					
7					
8					
9					
10					
11					
12					

Read the three numbers together (Chapter 2):

- Weight down, waist down, chair stands steady or up: losing fat, keeping muscle. Keep going.
- Chair stands clearly down two months running: review protein and training; tell your doctor.
- Weight reaches your red line: tick the ☐ box in the last column and follow your red-line sheet.