

## Progress Notes

We want to keep track of your progress. To help us, we need 2 things.

1 - We would like photo proof of your weight at the times below. Please send a [photo of the weight](#) on your scale to [kate@sharongiesemd.com](mailto:kate@sharongiesemd.com):

- start date
- 6 weeks
- 4 months
- 1 year

2 -

Please record your [weekly](#) notes below:

Shot date	Shot dose	Weight
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		
16.		

