



Recording Page



During your first week of participation our team will record your child's height and weight. This is a baseline and it will be taken again in the final session so we can assess if there have been any changes to body composition during participation.

If you want to record your child's weight as you progress you can do it on this page. This is also a space for you to record your child's non scale victories (NSV). NSV are positives and successes you experience during your journey that are not related to a number on a scale. Record any positive that you or your child have noticed such as having more energy, trying new foods or finding a physical activity you love and celebrate them together!

		
		

