American Diabetes Association®

Tracking and Monitoring Progress on Your Obesity Care Journey

Obesity is a chronic medical condition. If you're living with obesity, partner with your health care team to make informed decisions about how to manage and monitor your weight during your weight-wellness journey. Understanding how your weight-wellness treatment plan is working, if it needs to change, and when to talk to your health care team will help you find success.

How do you know if you're reaching your weight-wellness goals?
You and your health care team can look at the following to see if you're meeting your goals and if you need to modify your plan:

1. Your weight, body mass index (BMI), and waist circumference.
2. Your physical activity (daily steps, type of physical activity, duration of physical activity).
3. If you've had trouble following your eating plan (including any patterns).
4. Your health test results, such as blood glucose (blood sugar), blood pressure, and cholesterol levels.

How can you monitor and track progress?
There are many ways you can track your progress, including:

1. A notebook to record daily or weekly health data.
2. Wearable fitness trackers, smart scales or health apps. In addition to activity and weight, they can track your sleep quality, stress, mood, etc.

American Diabetes Association®

Additionally, look for patterns in the information you collect, such as:

1. Are you continuing to lose weight, not making progress, or gaining weight?

2. Have you had any recent obstacles, such as periods of stress, meals or snacks that don't follow your eating plan, or lack of sleep, that affected your weight-wellness plan?

3. Is there anything that's keeping you from your weight-wellness plan, like a busy night of the week where you can't be physically active or weekly events that don't offer foods that fit in your healthy meal plan?

Use Your Learnings to Make Changes

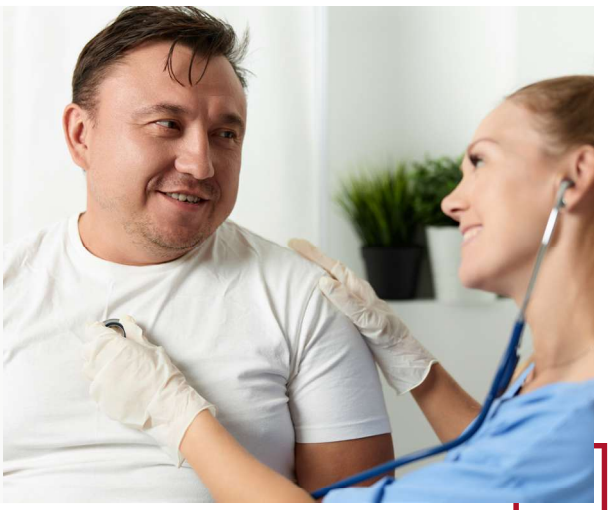
This may include changes to your meal plan, physical activity routine, or the amount of sleep you get. Look for other resources to learn what changes you can make or stay motivated. You can:

1. Use online forums
2. Join support groups
3. Look for educational materials on diabetes.org
4. Tell your friends and family about your plan and share progress

And don't forget to celebrate all your successes!

Talk to Your Health Care Team

Share all the health information you've collected—including what you've tracked for your weight, eating, and physical activity—with members of your health care team during visits. Ask for help understanding what you've tracked and if you need to make changes to your weight-wellness plan. Those changes may include your meal plan, physical activity, or weight management medications. You may also discuss whether surgery is a good option for you.



American Diabetes Association®

The Takeaway
By using your health information to create your weight-wellness plan, keeping track of your progress, talking with and seeking advice from your health care team along the way, and celebrating your successes—you can feel your best and reach a weight that is healthy for you.

Help us improve the information and guidance we provide by sharing your feedback on this resource. Scan the QR code for the evaluation survey.