

Weight Graph #	Time	Weights Included	Weight loss letter	Weight maintenance letter	Weight Gain letter	Missing Weight Report Letter
1	Baseline + 240 days	First self-reported weight + all self-reported weights up to 240 days	If last weight is more than 2 pounds below first weight	If last weight is within + 3 or - 2 pounds of first weight	If last weight is > 3 pounds above first weight	If less than ?? weights are available
2	Baseline + 300 days	Self-reported weights between 241 and 300 days				
3	Baseline + 360 days	Self-reported weights between 301 and 360 days				
4	Baseline + 420 days	Self-reported weights between 361 and 420 days				
5	Baseline + 480 days	Self-reported weights between 421 and 480 days				
6	Baseline + 540 days	Self-reported weights between 481 and 540 days				
7	Baseline + 600 days	Self-reported weights between 541 and 600 days				
8	Baseline + 660 days?					