

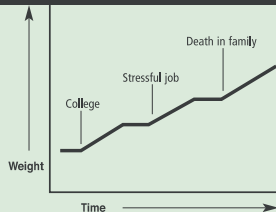
TAKE CHARGE OF YOUR CARE.

95% OF DIETERS REWARD THEMSELVES

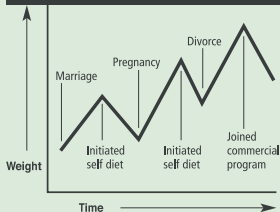
FOR LOSING WEIGHT BY GAINING IT BACK.

DO ANY OF THESE LOOK FAMILIAR? CHART YOUR OWN WEIGHT GAINS AND LOSSES ON THE BACK.

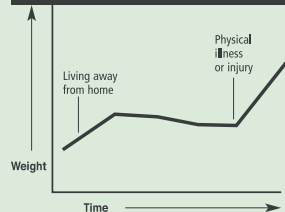
Progressive (or ratcheting) weight gain



Weight cycling or "yo-yo" weight gain



Inciting event weight gain



United Health Foundation

**GRAPH YOUR OWN WEIGHT PATTERN.** Most people can relate their changes in weight to different life events. Fill in the events that affected you, then take your findings to a health care professional.

