

Height and Weight Record

Name:

DOB:

Recommended weight range:

Year =									
Height =	Date height measured: _____ _____			Date height measured: _____ _____			Date height measured: _____ _____		
	<i>Date:</i>	<i>Weight:</i>	<i>initials</i>	<i>Date:</i>	<i>Weight:</i>	<i>initials</i>	<i>Date:</i>	<i>Weight:</i>	<i>initials</i>
<i>January</i>									
<i>February</i>									
<i>March</i>									
<i>April</i>									
<i>May</i>									
<i>June</i>									
<i>July</i>									
<i>August</i>									
<i>September</i>									
<i>October</i>									
<i>November</i>									
<i>December</i>									