

| 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? | | | | | |
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