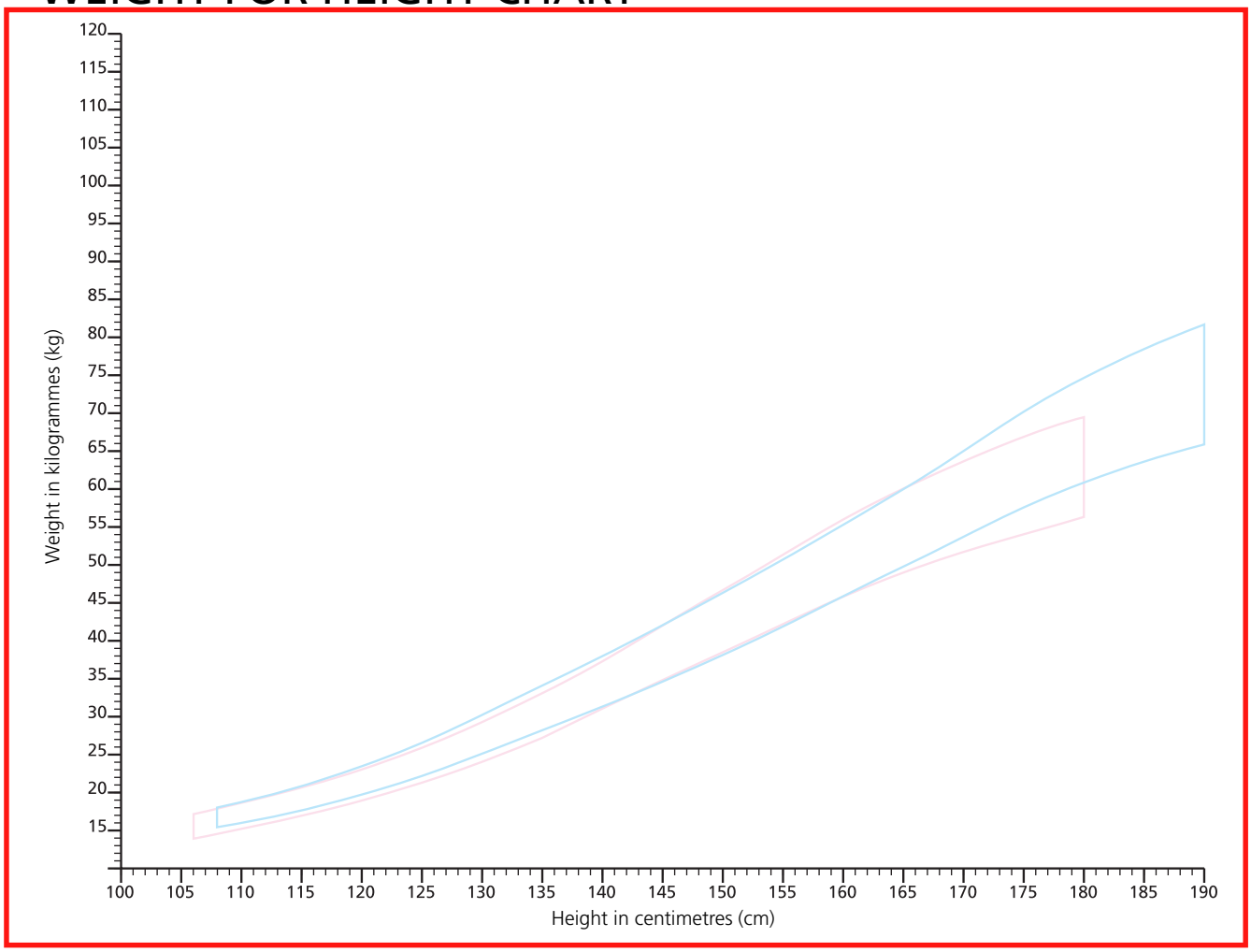
Find out how much **weight he has to lose**

- Check your child's weight and height every month and keep a record of it. You can then see if he is progressing towards his healthy weight range.
- Aim at reducing weight steadily by 1 to 2 kg a month till your child reaches his healthy weight range.
- Don't try to lose the excess weight all at once. Your child did not become fat overnight, so he should lose the excess weight gradually.
- Don't lose more than the excess weight, or your child will become underweight. Remember, the long term goal is to maintain healthy weight.

Date	Height (cm) (a)	Weight (kg) (b)	*Healthy weight range (kg) (c) to (d)	Excess weight (kg) (b) – (d)

WEIGHT FOR HEIGHT CHART



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