

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

