



12-Month Mounjaro BMI Progress Tracker

Mounjaro BMI Progress Tracker

Track BMI changes, measurements, and eligibility milestones

Your Name:	_____
Height:	_____ cm / _____ ft _____ in
Start Date:	_____
Starting Weight:	_____
Starting BMI:	_____
Goal Weight:	_____
Goal BMI:	_____

How to Calculate Your BMI

Metric Formula:

$$\text{BMI} = \text{Weight (kg)} \div [\text{Height (m)}]^2$$

Example: Weight 90kg, Height 1.75m → BMI = $90 \div (1.75 \times 1.75) = 29.4$

Imperial Formula:

$$\text{BMI} = [\text{Weight (lbs)} \div \text{Height (in)}^2] \times 703$$

Example: Weight 198lbs, Height 69in → BMI = $(198 \div 4,761) \times 703 = 29.3$

BMI Category Reference

Underweight: BMI < 18.5

Healthy Weight: BMI 18.5 - 24.9

Overweight: BMI 25 - 29.9

Obese Class I: BMI 30 - 34.9

Obese Class II: BMI 35 - 39.9

Obese Class III: BMI ≥ 40



Monthly BMI Tracking Table

Month	Date	Weight	BMI	Change	Notes
START	__/__/__	___	___	—	_____
Month 1	__/__/__	___	___	___	_____
Month 2	__/__/__	___	___	___	_____
Month 3	__/__/__	___	___	___	_____
Month 4	__/__/__	___	___	___	_____
Month 5	__/__/__	___	___	___	_____
Month 6	__/__/__	___	___	___	_____
Month 7	__/__/__	___	___	___	_____
Month 8	__/__/__	___	___	___	_____
Month 9	__/__/__	___	___	___	_____
Month 10	__/__/__	___	___	___	_____
Month 11	__/__/__	___	___	___	_____
Month 12	__/__/__	___	___	___	_____

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Body Measurements Tracker

BMI doesn't tell the whole story. Track measurements to see changes even when weight plateaus.

Month	Chest	Waist	Hips	Thigh	Arm
START	_____	_____	_____	_____	_____
Month 1	_____	_____	_____	_____	_____
Month 2	_____	_____	_____	_____	_____
Month 3	_____	_____	_____	_____	_____
Month 4	_____	_____	_____	_____	_____
Month 5	_____	_____	_____	_____	_____
Month 6	_____	_____	_____	_____	_____
Month 7	_____	_____	_____	_____	_____
Month 8	_____	_____	_____	_____	_____
Month 9	_____	_____	_____	_____	_____
Month 10	_____	_____	_____	_____	_____
Month 11	_____	_____	_____	_____	_____
Month 12	_____	_____	_____	_____	_____

Milestones & Achievements

Milestone	Date Achieved	Notes
First 5kg/10lbs lost	_____	_____
Down one BMI category	_____	_____
10kg/20lbs lost	_____	_____
Moved down clothing size	_____	_____
Reached "Overweight" from "Obese"	_____	_____
20kg/40lbs lost	_____	_____
Reached "Healthy Weight" BMI	_____	_____
Reached goal weight	_____	_____

UK-Specific BMI Thresholds for Mounjaro

NHS Eligibility:

- BMI ≥ 35 with at least one weight-related condition OR
- BMI ≥ 40

Private Provider Eligibility:

- BMI ≥ 27 with weight-related condition OR
- BMI ≥ 30

Maintenance/Low BMI Continuation (some providers):

- BMI $\geq 20-25$ if previously qualified and maintaining loss

Notes & Observations:

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