



# Metabolic Dysfunction-Associated Steatotic Liver Disease (MASLD): Weight Tracker

Note: These recommendations are for patients with **metabolic dysfunction-associated steatotic liver disease (MASLD)**, a condition which used to be called **non-alcoholic fatty liver disease (NAFLD)**.

Starting **weight** in pounds (lbs): \_\_\_\_\_

**5% weight loss** (lbs) (3-month goal): \_\_\_\_\_

Starting **BMI**: \_\_\_\_\_

**10% target weight loss** (lbs) (6-month goal): \_\_\_\_\_

<b>Date</b> (Goal is 1 entry per week)	<b>Weight (lbs)</b>	<b>BMI</b>	<b>Labs (if or when drawn)</b>
Week 1:			Hemoglobin A1c: _____ LDL: _____ HDL: _____ Triglycerides: _____
Week 2:			
Week 3:			
Week 4:			
Week 5:			
Week 6:			
Week 7:			
Week 8:			

Week 9:			
Week 10:			
Week 11:			
Week 12:			Hemoglobin A1c: _____ LDL: _____ HDL: _____ Triglycerides: _____
Week 13:			
Week 14:			
Week 15:			
Week 16:			
Week 17:			
Week 18:			
Week 19:			
Week 20:			
Week 21:			
Week 22:			
Week 23:			
Week 24:			Hemoglobin A1c: _____ LDL: _____ HDL: _____ Triglycerides: _____

Disclaimer: This document contains information and/or instructional materials developed by University of Michigan (U-M) Health for the typical patient with your condition. It may include links to online content that was not created by U-M Health and for which U-M Health does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

Authors: Vincent Chen, MD, Monica Tincopa, MD  
Edited by: Karelyn Munro, BA, Brittany Batell, MPH MSW

Patient Education by [U-M Health](#) is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International Public License](#). Last Revised 11/2023