



Supporting Women with postnatal weight mAnagement

Looking after your health after having a baby

Study Number:.....(to be completed by study research midwives)

We would be very grateful if you could complete this checklist after each Slimming World® (Alfreton, UK) session you attend as part of the SWAN study. Please return this form with the enclosed pre-paid stamped addressed envelope after you completed your 12 free Slimming World sessions. Many thanks!

Slimming World session number	Date	Attended weigh in only	Attended weigh in and group	Number of minutes spent at group
1 of 12		<input type="checkbox"/>	<input type="checkbox"/>	
2 of 12		<input type="checkbox"/>	<input type="checkbox"/>	
3 of 12		<input type="checkbox"/>	<input type="checkbox"/>	
4 of 12		<input type="checkbox"/>	<input type="checkbox"/>	
5 of 12		<input type="checkbox"/>	<input type="checkbox"/>	
6 of 12		<input type="checkbox"/>	<input type="checkbox"/>	
7 of 12		<input type="checkbox"/>	<input type="checkbox"/>	
8 of 12		<input type="checkbox"/>	<input type="checkbox"/>	
9 of 12		<input type="checkbox"/>	<input type="checkbox"/>	
10 of 12		<input type="checkbox"/>	<input type="checkbox"/>	
11 of 12		<input type="checkbox"/>	<input type="checkbox"/>	
12 of 12		<input type="checkbox"/>	<input type="checkbox"/>	