

Daily Weight Log

Target Weight (weight without swelling) _____

Week of ...	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
___/___ to ___/___							
___/___ to ___/___							
___/___ to ___/___							
___/___ to ___/___							
___/___ to ___/___							
___/___ to ___/___							
___/___ to ___/___							
___/___ to ___/___							

- Weigh yourself daily after urinating and with similar type of clothing.
- Call your MD if you gain more than 2-3 pounds in 1-2 days or 5 pounds in 1 week.
- **Call 911 right away if you have chest pain or become very short of breath. If you gain more than 5 pounds in a week you need to be seen right away.**

