DAILY WEIGHT MONITORING

Use this form to write down your weight every day. Review this chart with your doctor.

♥Weigh yourself each morning at the same time. ♥After you empty your bladder and before breakfast. ♥Use the same scale. ♥Wear the same amount of clothing.

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MONTH	DAY		WEIGHT	ANY SYMPTOMS YOU ARE HAVING		NO SYMPTOMS		

Call your doctor if you gain 2 or more pounds in a day or 5 pounds or more in a week.