

DAILY WEIGHT LOG

Name: _____

Month: _____ Year: _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEIGHT _____ SYMPTOMS:						
WEIGHT _____ SYMPTOMS:						
WEIGHT _____ SYMPTOMS:						
WEIGHT _____ SYMPTOMS:						
WEIGHT _____ SYMPTOMS:						



1. Record your weight every day.
2. Call your doctor right away if you gain 3-5 pounds in 1 week
3. If a symptom is new or gets worse, write it on the log, and call your doctor right away.
4. Place a "x" in the box to note when you've called your doctor.
5. Take this log to your doctor appointments.