DAILY WEIGHTS

- Weigh yourself daily (first thing in the morning after emptying your bladder and before getting dressed or eating breakfast).
- Report a weight gain of 2-3 pounds in a day or 5 pounds in a week.
- Record your weight (WT), blood pressure (BP), and pulse (P)

MONTH _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
☐ Wt: BP: P:	☐ Wt: BP: P:	☐ Wt: BP: P:	☐ Wt: BP: P:	☐ Wt: BP: P:	☐ Wt: BP: P:	☐ Wt: BP: P:
☐ Wt: BP: P:	☐ Wt: BP: P:	☐ Wt: BP: P:	☐ Wt: BP: P:	☐ Wt: BP: P:	☐ Wt: BP: P:	☐ Wt: BP: P:
☐ Wt: BP: P:	☐ Wt: BP: P:	☐ Wt: BP: P:	☐ Wt: BP: P:	☐ Wt: BP: P:	☐ Wt: BP: P:	☐ Wt: BP: P:
☐ Wt: BP: P:	☐ Wt: BP: P:	☐ Wt: BP: P:	☐ Wt: BP: P:	☐ Wt: BP: P:	☐ Wt: BP: P:	☐ Wt: BP: P:
☐ Wt: BP: P:	☐ Wt: BP: P:	☐ Wt: BP: P:	☐ Wt: BP: P:	☐ Wt: BP: P:	☐ Wt: BP: P:	☐ Wt: BP: P: