

Appendix: DAILY WEIGHT RECORD

1. WEIGH YOURSELF EACH MORNING WITH THE SAME AMOUNT OF CLOTHING, AFTER USING THE BATHROOM AND BEFORE EATING BREAKFAST
2. WRITE YOUR WEIGHT IN THE BOX FOR THE DAY
3. IF YOU HAVE GAINED MORE WEIGHT THAN YOUR DOCTOR WANTS, PLEASE CALL THE OFFICE

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
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Rapid weight gain may mean you have some fluid buildup, so it is important to record your weight everyday. Ask your doctor what weight gain should cause you to call the office. You may want to bring this calendar with you to checkups.