

## Daily Weight Chart

Weigh yourself at the same time every day, after emptying your bladder and before eating. Use this chart to record your weight.

A sudden increase in weight may mean your body is retaining fluid. Call the Heart Function Clinic Nurses (780-407-8157) if you gain more than 3-5 lbs. in one week.



Month: \_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Month: \_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday