Daily Weight Chart

It is important to weigh yourself daily. Keep this daily weight chart near your scale. Weigh yourself each morning at the same time. Weigh yourself without shoes and with the same amount of clothes each day. Compare today's weight to yesterday's weight. **Bring this form with you to your follow-up appointments.**

Notify your caregiver if you have any unusual weight gain, over 1 or more days.

Date	Day	Weight

Date	Day	Weight

Document Released: 03/16/2010
ExitCare® Patient Information ©2011 ExitCare, LLC.