

Month: _____

Day	Weight	Swelling	Short of Breath	More Tired	Persistent Cough	What did I do differently?
<i>example</i>	<i>146</i>	<i>ankles</i>	<i>at night</i>	<i>yes</i>	<i>no</i>	<i>Had soup for lunch- 800 mg sodium</i>
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Tips for weighing yourself:

1. Weight yourself every morning
2. Wear the same amount of clothing
3. Urinate before weighing yourself
4. Use the same scale on a hard, flat surface

How to use your weight record:

1. Record your weight daily
2. Look for a weight gain and/or a weight loss.
3. Comment on why you may have gained or lost weight.
 - Did you take your medication or did you miss a dose?
 - Did you eat too much salt or were you sick?

Bring your weight record with you to all doctor appointments.