Daily Weights

- Weigh yourself every morning, after urinating but before eating
- Wear the same type of clothing
- Use the same scale
- Take this chart to your appointments
- **Call your doctor** if you gain 3 pounds in one day or 5 pounds in one week

Wt= Weight

BP= Blood Pressure

HR= Heart Rate

For more copies of this chart, go to: www.tricitymed.org

Tri-City Medical Center

We're Always Here for *You*.

Month_____ Year_____

SUN	MON	TUE	WED	THU	FRI	SAT
Wt._____ BP___/___ HR _____	Wt._____ BP___/___ HR _____	Wt._____ BP___/___ HR _____	Wt._____ BP___/___ HR _____	Wt._____ BP___/___ HR _____	Wt._____ BP___/___ HR _____	Wt._____ BP___/___ HR _____
Wt._____ BP___/___ HR _____	Wt._____ BP___/___ HR _____	Wt._____ BP___/___ HR _____	Wt._____ BP___/___ HR _____	Wt._____ BP___/___ HR _____	Wt._____ BP___/___ HR _____	Wt._____ BP___/___ HR _____
Wt._____ BP___/___ HR _____	Wt._____ BP___/___ HR _____	Wt._____ BP___/___ HR _____	Wt._____ BP___/___ HR _____	Wt._____ BP___/___ HR _____	Wt._____ BP___/___ HR _____	Wt._____ BP___/___ HR _____
Wt._____ BP___/___ HR _____	Wt._____ BP___/___ HR _____	Wt._____ BP___/___ HR _____	Wt._____ BP___/___ HR _____	Wt._____ BP___/___ HR _____	Wt._____ BP___/___ HR _____	Wt._____ BP___/___ HR _____
Wt._____ BP___/___ HR _____	Wt._____ BP___/___ HR _____	Wt._____ BP___/___ HR _____	Wt._____ BP___/___ HR _____	Wt._____ BP___/___ HR _____	Wt._____ BP___/___ HR _____	Wt._____ BP___/___ HR _____