Daily Weight Monitoring Chart

Keeping track of your weight daily is useful to help monitor fluid retention.

If your weight increases by 2-3 lbs (1-2kg) or more in 24 hours over 2-3 days contact the GP / HFNS team.

Weigh yourself at the same time each day, ideally in the morning after going to the toilet, before breakfast and with minimal clothing.

Record your weight below.

Date	Weight	Date	Weight