

## \*Weight Log:

<u>Instructions:</u> Weigh every morning after emptying your bladder, before breakfast and before taking your water pills. \* If you have a weight gain of <u>more than 2 kgs (4 lbs) in 2 days or more than 2.5 (5 lbs) in 7 days</u> you are holding on to too much fluid, please contact your healthcare provider that same day.

Month		Month		Month	
Date	Weight	Date	Weight	Date	Weight
	TV C.Ig. IC	Juice	Treight.		Treight.