Central East
REGIONAL
CARDIOVASCULAR
REHAB

*Weight Log:

Instructions: Weigh every morning after empting your bladder, before breakfast and before taking your water pills. * If you have a weight gain of **more than 2 kgs (4 lbs) in 2 days or 3kgs (6 lbs) in 7 days**, please contact your healthcare provider that same day.

Month		**Month**		**Month**	
Date	Weight	Date	Weight	Date	Weight