

## Daily Weight Tracker

Month: \_\_\_\_\_

	SUN	MON	TUES	WED	THURS	FRI	SAT
Weight							
BP							
Weight							
BP							
Weight							
BP							
Weight							
BP							

- ✓ Weigh yourself everyday in the morning before you eat or drink anything.
- ✓ Record your weight and bring this chart with you to each doctor's appointment.
- ✓ If you gain more than two pounds over night, call your doctor.