pursuing perfection

Raising the Bar for Health Care Performance in Whatcom County

Daily Weight Chart

- Weigh yourself everyday at the same time—in the morning after you empty your bladder and before you eat breakfast is best.
- Make sure the dial is set to zero before you step on the scale.
- Record your weight below.
- Bring the log to all of your appointments.

Day	Month _____	Month _____	Month _____	Month _____
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				
21				
22				
23				
24				
24				
26				
27				
28				
29				
30				
31				

If weight ***increases*** more than 3 pounds within 7 days, **call** Clinical Care Specialist or provider.
If weight ***decreases*** more than 3 pounds within 7 days, **call** Clinical Care Specialist or provider.

The information provided is for your personal and non-commercial use.