



## Weight log

1. Weigh yourself first thing in the morning, after emptying your bladder, before breakfast, wearing the same type of clothing, and using the same weigh scale. Record your weight below. At the beginning, do this for a week, noting which days you felt best and what you weighed on those days. This record will help to determine the 'target' weight to which you will adjust the dose of your water pill (diuretic).

My target weight is: \_\_\_\_\_

The water pill is called: \_\_\_\_\_

Dose: \_\_\_\_\_

2. If your weight increases by 2 pounds (1 kilogram) or more overnight, increase your water pill dose to:  
AM: \_\_\_\_\_ PM: \_\_\_\_\_
3. If your weight remains stable, maintain your current dose of water pills as noted in (Dose) above. After adjusting your water pill, and your weight returns to your target weight, you should return to your regular daily dose.

4. If your weight decreases below your target weight, decrease your water pills to:

AM: \_\_\_\_\_ PM: \_\_\_\_\_



