

Weight Log

		Week 1	Week 2	Week 3	Week 4
Monday	WEIGHT				
	DOSE OF WATER PILL				
	SYMPTOMS				
Tuesday	WEIGHT				
	DOSE OF WATER PILL				
	SYMPTOMS				
Wednesday	WEIGHT				
	DOSE OF WATER PILL				
	SYMPTOMS				
Thursday	WEIGHT				
	DOSE OF WATER PILL				
	SYMPTOMS				
Friday	WEIGHT				
	DOSE OF WATER PILL				
	SYMPTOMS				
Saturday	WEIGHT				
	DOSE OF WATER PILL				
	SYMPTOMS				
Sunday	WEIGHT				
	DOSE OF WATER PILL				
	SYMPTOMS				

Contact your Doctor or Nurse:

- If you have a **weight gain** of more than 2-3 lbs in 2 days with **increasing swelling** of your legs, ankles or belly **OR**
- If you have a **weight loss** of more than 2-3 lbs in 2 days with **worsening dizziness**