

# DAILY WEIGHT LOG



## All Clear Zone

**THIS IS THE SAFETY  
ZONE IF YOU HAVE:**

- No changes in weight
- Can perform daily activities as usual
- No new swelling of feet, ankles, legs or stomach



## Warning Zone

**CALL YOUR DOCTOR IF YOU HAVE:**

- Weight gain of 2 pounds in 1 day or 5 pounds in 1 week
- New swelling of your feet, ankles, legs or stomach
- Difficulty breathing when lying down
- Feeling uneasy; you know something is not right
- Dizziness
- More shortness of breath
- Dry hacking cough



## Medical Alert Zone

**GO TO THE EMERGENCY  
ROOM OR CALL 911  
IF YOU HAVE:**

- A hard time breathing when resting
- Chest Pain
- Confusion or can't think clearly

Name \_\_\_\_\_

Month, Year \_\_\_\_\_

Date	Weight
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	
16	
17	
18	
19	
20	
21	

Date	Weight
22	
23	
24	
25	
26	
27	
28	
29	
30	
31	

Month, Year \_\_\_\_\_

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

Date	Weight
11	
12	
13	
14	
15	
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