Weight log

Only if the doctor or nurse asked you to keep a record. Weigh on the same scale, at the same time of day, in similar clothes. Write the number exactly as the scale shows it.

The doctor's instructions	
Name	
How often and when to weigh (as the doctor said)	
Scale used and where it stands	
When to call the doctor or nurse (their words), and phone	

Date	**Time**	**Weight (as the scale shows)**	**Clothes (light, dressed, other)**	**Swelling or change noticed**	**Weighed by**	**Notes**