Weight Chart

Weigh yourself first thing each morning, after you go to the bathroom. Do not have any clothes on.

- Keep track of your weight below.
 - Bring this sheet to your doctor's appointment.
 - If you gain 2 pounds in one day, CALL YOUR DOCTOR'S OFFICE.
 - If you gain 5 pounds in one week, CALL YOUR DOCTOR'S OFFICE.

Week of:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday