

## Weight Chart

### Directions:

- Weigh yourself every day and write your weight down.
- Compare your weight each day to yesterday's weight.
- Compare your weight each day to your weight one week ago.
- Call the nurse if weight is more than 2 pounds in a day or 5 pounds in a week.

	<b>Monday</b>	<b>Tuesday</b>	<b>Wed.</b>	<b>Thurs.</b>	<b>Friday</b>	<b>Sat.</b>	<b>Sunday</b>
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							
Week 7							
Week 8							
Week 9							
Week 10							
Week 11							
Week 12							

