

### Daily Weight Diary\*

Weight at last doctor's visit \_\_\_\_\_ Date \_\_\_\_\_  
Weight at the end of last month \_\_\_\_\_ Date \_\_\_\_\_

**MONTH** \_\_\_\_\_

Date	Weight	Date	Weight	Date	Weight
1		12		23	
2		13		24	
3		14		25	
4		15		26	
5		16		27	
6		17		28	
7		18		29	
8		19		30	
9		20		31	
10		21			
11		22			

Weigh yourself on the same scale every morning before eating and after urinating. Be sure your scale is on a hard surface-not on a rug. Write your weight on this chart. At the beginning of each month, enter your weight from the last day of the previous month at the top of the chart under "Weight at the end of last month."

**NOTE:** If you gain more than two to three pounds in one day or four to five pounds in five days, call your doctor. Bring this **Daily Weight Diary** with you when you visit your doctor's office.

\*Suggestion: Make copies of this page before using.