



Daily Weights

My Target Weight: _____

Limit your fluids to 6 to 8 cups (1.5 to 2.0 litres) a day.

If you have a weight gain of 3 pounds (1.4 kilograms) in 24 hours or 5 pounds (2.3 kilograms) in 1 week, it is likely due to fluid rather than fat.

Date	Weight	Dose of water pill taken	Blood Pressure	Comments (exercise, diet, symptoms)



