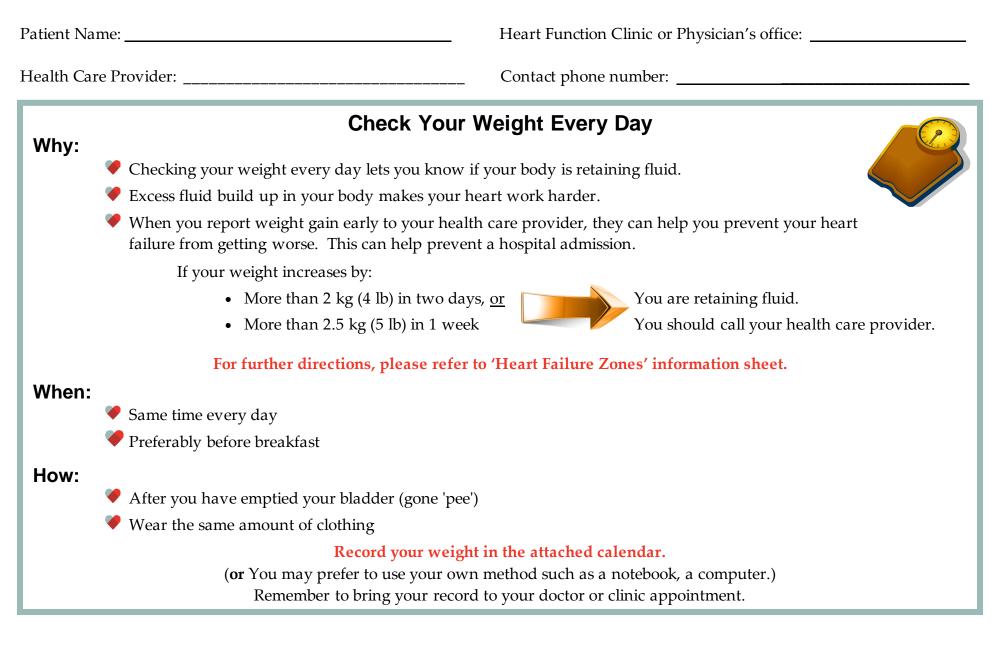


## **Daily Weight Information**





## Your 'Dry Weight' (when you don't have excess fluid in your body):

Write down your weight each day compare today's weight to yesterdays weight.

If your weight increases by:

- More than 2 kg (4 lb) in two days, or
- More than 2.5 kg (5 lb) in 1 week

You are retaining fluid.

You should call your health care provider.

Month						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday