

Daily Weight and Blood Pressure Log

Weigh yourself every day at the same time, on the same scale and wearing the same amount of clothes. Call your doctor if you gain two to three pounds within 24 hours, or five pounds or more in one week.

Goal weight
is _____ pounds.*
* Weight should be established by physician.

	Week	Date	Time	Weight	Blood Pressure Systolic/Diastolic	Comments/ Medications I Took	
Month: _____	1	Monday					
		Tuesday					
		Wednesday					
		Thursday					
		Friday					
		Saturday					
		Sunday					
	2	Monday					
		Tuesday					
		Wednesday					
		Thursday					
		Friday					
		Saturday					
		Sunday					
	3	Monday					
		Tuesday					
		Wednesday					
		Thursday					
		Friday					
		Saturday					
		Sunday					
	4	Monday					
		Tuesday					
		Wednesday					
		Thursday					
		Friday					
		Saturday					
		Sunday					