

# Weight Chart

It's important to weigh yourself every day. Do it first thing in the morning after emptying your bladder and before breakfast. Record your weight below.

**Call your doctor or healthcare provider** if you gain more than 2 to 3 lbs. (1 to 1.4 kg) in 2 days, or 5 lbs. (3 kg) in 1 week.

Month:		
Day	Weight	Comments
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