Weight Chart

MyHealth.Alberta.ca

Acute Care Alberta

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 nurse if you gain 2 lb. (1 kg) or more overnight, 4 lb. (2kg) in 2 days, or more than 5 lb. (3 kg) in 1 week.

Month:

Day	Weight	Comments
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Author: Cardiovascular Care Alberta, Acute Care Alberta
Last reviewed: January 2026