## Weekly weight and symptom record

My dry weight = $\qquad$ pounds
Jot down your weight, change in weight, and the severity of each symptom (on a scale of 1 to 5 , with 1 being the least severe and 5 being the most severe) along with any notable details.

| Day | Date | Weight | Change from dry <br> weight <br> (today's weight <br> minus dry weight) | Shortness of <br> breath | Swelling | Fatigue | Cough and <br> wheezing | Sleep <br> problems |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Sunday | $01 / 15 / 17$ | $151.7 / 6$ | 1.016 | 2: When <br> climbing stairs | 3: In ankles | 1 | 2: After my <br> morning walk | 2: Woke from <br> sleep twice <br> last night |
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