

WEIGHT TRACKER

Our weight is an important indicator not only for the obvious implications of obesity on our health, but also weight is used to track fluid retention related to chronic conditions such as heart failure, COPD, Arthritis and Hypertension. Please use this form to track your weights and bring this list in for your doctor with each visit. If you notice an unexpected weight gain, please call your doctor. This may be an indication that something is wrong and needs to be treated. The earlier intervention the better. You can print copies of this sheet and place it in a 3-ring binder.

Weight Tracker: Most patients track weight for weight-loss on a weekly basis and daily if the weight tracking is related to a chronic condition.

Date	Time	Weight	Notes
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Primary PartnerCare®

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TOPICS I WANT TO DISCUSS WITH MY DOCTOR ABOUT MY WEIGHT & THINGS I HAVE NOTICED:
