

Weight and symptom diary

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date							
Weight							
Symptoms or comments*							

*Symptoms may include shortness of breath, chest pain, dizziness, tiredness, waking at night with breathlessness, swelling or pain in abdomen, swelling of ankles, feet or legs; persistent coughing, fast or irregular heartbeat.

Comments may include: tablets missed, unusual diet, holiday, activity etc.