

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.