

## Daily weight and activity tracker

| Day       | Date | Weight | Symptoms/Daily Activities | Special Needs |
|-----------|------|--------|---------------------------|---------------|
| Monday    |      |        |                           |               |
| Tuesday   |      |        |                           |               |
| Wednesday |      |        |                           |               |
| Thursday  |      |        |                           |               |
| Friday    |      |        |                           |               |
| Saturday  |      |        |                           |               |
| Sunday    |      |        |                           |               |

### Instructions:

- (1) Write in the date.
- (2) Weigh yourself when you get up in the morning and enter your weight.
- (3) Write down any symptoms you experienced during the day.
- (4) Describe your activities, including rest periods, during the day.
- (5) Record individual results (i.e., blood pressure, sodium, fasting blood sugar, etc.).

Also: If you gain two pounds in 24 hours or two to five pounds in a week, call your healthcare clinician.

Bring copies of this chart to your appointment with your healthcare clinician.

Print more of these tracker sheets at [www.lakelandhealth.org/getfitinthemitt](http://www.lakelandhealth.org/getfitinthemitt)