McLaren FLINT

Daily Weight Chart

Keep this by Your Weight Scale

DATE	WEIGHT	AMOUNT OF WEIGHT CHANGE	SWELLING IN FEET/ANKLES			Did you take your Medication today?	
			New	Same	Increased	Yes	No
			New	Same	Increased	Yes	No
			New	Same	Increased	Yes	No
			New	Same	Increased	Yes	No
			New	Same	Increased	Yes	No
			New	Same	Increased	Yes	No
			New	Same	Increased	Yes	No
			New	Same	Increased	Yes	No
			New	Same	Increased	Yes	No
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			New	Same	Increased	Yes	No