

PRE/POST WEIGHT LOG

Record your weight before and after each treatment so you and your care team can spot patterns over time.

Name:

Month:

Usual Treatment Days:

M W F / T Th S

MY CURRENT CARE-TEAM INFORMATION *Fill these in only if your care team has given them to you.*

Target Weight:

kg / lb

Fluid limit:

per day

DATE	PRE- WEIGHT	POST-WEIGHT	CHANGE	NOTES

HOW TO USE THIS LOG

Change = Pre-weight – Post-weight

Example: 72.8 kg → 70.5 kg = 2.3 kg decrease

Tip: Bring this log to treatment if you want to review weight patterns with your dialysis care team.

