

W.A.T.C.H. WEIGHT JOURNAL

W - Weigh yourself daily

A - Activity (keep active)

T - Take all medications

C - Call your health care team
if symptoms worsen

H - Heart healthy meals

If you have questions regarding your health,
please contact your health care team.

My Care Team phone number: _____

If you are having a medical emergency, call 911.

My weight at hospital/clinic: _____ Date: _____

My initial home weight: _____ Date: _____



unitypoint.org

Month_____

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