

# My weight record

Use this record to keep track of your weight, and report any concerns to your GP.

My weight 3-6 months ago, or a rough idea on my 'usual' weight (how much I weighed before I experienced health problems and/or reduced oral intake) is:

Date	Weight	Date	Weight

## Notes:

When completing your food diary or weight monitoring chart, if you think of any questions to ask your healthcare team, make a note of them here: