



MedStar Visiting
Nurse Association

Weight and Symptom Log

Date	Weight	New or increased shortness of breath?	More pillows required (number)?	New or increased swelling?	Dizziness/ Fainting?	New or increased cough?	New or more tired?	Comments

★ TAKE THIS FORM WITH YOU WHENEVER YOU SEEK MEDICAL CARE

MedStar Visiting Nurse Association • 800-862-2166