Self-monitoring diary

Please complete the diary in the morning and circle your response. Please weigh yourself in the morning, before breakfast and after going to the toilet: 4 'Ws': wake up, wee, weigh and write. If your weight increases or decreases by **2 kgs in 2 days** contact your GP.

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Weight								
Worsening shortness of breath		Yes No	Yes No	Yes No	Yes No	Yes No	Yes No	Yes No
Swollen ankles or legs		Yes No Worsening	Yes No Worsening	Yes No Worsening	Yes No Worsening	Yes No Worsening	Yes No Worsening	Yes No Worsening
Abdominal swelling or nausea		Yes No	Yes No	Yes No	Yes No	Yes No	Yes No	Yes No
Increasing tiredness		Yes No	Yes No	Yes No	Yes No	Yes No	Yes No	Yes No
Night cough		Yes No	Yes No	Yes No	Yes No	Yes No	Yes No	Yes No
Feeling dizzy		Yes No	Yes No	Yes No	Yes No	Yes No	Yes No	Yes No

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Night cough		Yes No	Yes No	Yes No	Yes No	Yes No	Yes No	Yes No
Feeling dizzy		Yes No	Yes No	Yes No	Yes No	Yes No	Yes No	Yes No