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M۱	/ drv	weight =	pounds

Jot down your weight, change in weight, and the severity of each symptom (on a scale of 1 to 5, with 1 being the least severe and 5 being the most severe) along with any notable details.

Day	Date	Weight	Change from dry weight (today's weight minus dry weight)	Shortness of breath	Swelling	Fatigue	Cough and wheezing	Sleep problems
Sunday	01/15/17	151.7 lb	1.0 lb	2: When climbing stairs	3: In ankles	1	2: After my morning walk	2: Woke from sleep twice last night.