



CHI Health

My Symptom Chart

Use this chart to track your weight, blood pressure, and heart rate every day. Also keep track of changes in symptoms or any special notes. Bring it with you when you visit your healthcare team. (The chart contains enough space for two weeks.)

My Baselines

Weight: _____ Blood Pressure: _____ Heart Rate: _____

	Day	Weight	Blood Pressure	Heart Rate	Change In Symptoms/ Notes
Week starting:	Mon				
	Tue				
	Wed				
	Thu				
	Fri				
	Sat				
	Sun				
Week starting:	Mon				
	Tue				
	Wed				
	Thu				
	Fri				
	Sat				
	Sun				

Make extra copies of this chart before you use it the first time.