

If you weigh

How many fluid pills?

162

UNC Clinic 919-843-6480

161



160

159

2

2

158

157

156

155

1

1

154

153

152

151

150

149

148

1

0

147

146

919-843-6480

1

Swelling

2

Weight

3

Number of Fluid Pills

Sunday

☐ knee☐ shin☐ ankle☒ none

Morning

Morning

Evening

8/3

Date

156

1

1

Monday

☐ knee☐ shin☒ ankle☐ none

Morning

Morning

Evening

8/4

Date

159

2

2

Tuesday

☐ knee☐ shin☒ ankle☐ none

Morning

Morning

Evening

8/5

Date

158

2

2

Wednesday

☐ knee☐ shin☒ ankle☐ none

Morning

Morning

Evening

8/6

Date

160

2

2

Thursday

☐ knee☐ shin☐ ankle☐ none

Morning

Morning

Evening

Date

Friday

☐ knee☐ shin☐ ankle☐ none

Morning

Morning

Evening

Date

Saturday

☐ knee☐ shin☐ ankle☐ none

Morning

Morning

Evening

Date

Good
Weight