

# Monitoring Chart: Weight (Adults)

**Patient Name**

First  Last

**Date of Birth**

**When to use this chart:**

Weight must be recorded every month in group homes and residential facilities. Monitor the person's weight more frequently if needed (eg, weekly).

**Instructions:**

Weigh a person using the same scale with shoes off. In the table below, record the person's weight in pounds (lb) or kilograms (kg) and include the date. Share with medical provider as needed

*Example:* Date **21**  
**WEEK 1** Weight **195lb**

**Year:**

**Recent Weight:**

**Date of height:**

	January	February	March	April	May	June	July	August	September	October	November	December
<b>WEEK 1</b>	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
	Weight	Weight	Weight	Weight	Weight	Weight	Weight	Weight	Weight	Weight	Weight	Weight
<b>WEEK 2</b>	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
	Weight	Weight	Weight	Weight	Weight	Weight	Weight	Weight	Weight	Weight	Weight	Weight
<b>WEEK 3</b>	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
	Weight	Weight	Weight	Weight	Weight	Weight	Weight	Weight	Weight	Weight	Weight	Weight
<b>WEEK 4</b>	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
	Weight	Weight	Weight	Weight	Weight	Weight	Weight	Weight	Weight	Weight	Weight	Weight