

Weekly Planner

for / / - / /

Print one or more copies of these pages to keep track of how you're doing day by day and share the results with the doctor.

Important events/appointments this week: _____

Most common symptoms this week: _____

Sunday, ___/___/___

Current weight: _____

Salt:   

How am I feeling physically? **tired** | | | | **energetic**

How is my mood? **sad** | | | | **happy**

How active was I? **not active** | | | | **active**

Monday, ___/___/___

Current weight: _____

Salt:   

How am I feeling physically? **tired** | | | | **energetic**

How is my mood? **sad** | | | | **happy**

How active was I? **not active** | | | | **active**

Tuesday, ___/___/___

Current weight: _____

Salt:   

How am I feeling physically? **tired** | | | | **energetic**

How is my mood? **sad** | | | | **happy**

How active was I? **not active** | | | | **active**

Wednesday, ___/___/___ Current weight: _____ Salt:   

How am I feeling physically? **tired** |-----| **energetic**

How is my mood? **sad** |-----| **happy**

How active was I? **not active** |-----| **active**

Thursday, ___/___/___ Current weight: _____ Salt:   

How am I feeling physically? **tired** |-----| **energetic**

How is my mood? **sad** |-----| **happy**

How active was I? **not active** |-----| **active**

Friday, ___/___/___ Current weight: _____ Salt:   

How am I feeling physically? **tired** |-----| **energetic**

How is my mood? **sad** |-----| **happy**

How active was I? **not active** |-----| **active**

Saturday, ___/___/___ Current weight: _____ Salt:   

How am I feeling physically? **tired** |-----| **energetic**

How is my mood? **sad** |-----| **happy**

How active was I? **not active** |-----| **active**

