

Weekly Dialysis Log

A place to write down your own numbers. It does not tell you what they should be.

NAME

WEEK OF

DAY	DATE	WEIGHT (BEFORE)	DRY WEIGHT (FROM YOUR TEAM)	FLUID REMOVED	BP BEFORE	BP AFTER	NOTES
Mon							
Tue							
Wed							
Thu							
Fri							
Sat							
Sun							

For numbers you can compare week to week

- Weigh at the same time of day, on the same scale, in similar clothing.
- Bring this log to your appointments — your care team reads the trend, not just one day.
- If something feels different or wrong, call your unit. This page is for your own notes, not for them to react to on its own.

This log is a personal record-keeping tool only. It is not medical advice and does not set targets, interpret readings, or replace guidance from your nephrologist or dialysis care team. Always follow the instructions your care team has given you.