# Daily Weight Record

| Date Y/M/D | Weight (Lbs/kg) | Target Hr | Exercise Duration | RPE 1-10 | Symptoms Better/Worse/Unchanged | Edema* (Swelling) |
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* Grading of edema: **T**race = indent at ankle; **1+** = indent at shin; **2+** = indent at knee; **3+** = indent above knee; **4+** = generalized (hips, abdomen, low back)



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