

Weight record

Please weigh yourself each week and record each measurement in this chart:

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8

Your estimated nutritional needs

Your dietitian can use this chart to estimate your daily nutritional needs:

Energy (kcal per day)	Protein (g per day)	Fluid (ml per kg)

Target volume to meet estimated nutritional needs

Your dietitian can use this chart to record the target volume of liquid supplement to meet your estimated nutritional needs:

_____ bottles	_____ volume in ml
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