



Use this tracker to record your urine output and weight each day—and share your results with your nurse or doctor. You can download and print copies of this form at [FreseniusKidneyCare.com/UrineTracker](https://www.freseniuskidneycare.com/urine-tracker).

Week of:

___/___/____
through
___/___/____

Urine Output

Each time you urinate, write down the time and indicate the amount of urine (small, medium, or large) by circling one of the droplets.

Weight

Record your weight each day at the same time.

Day	Time	Urine Output (Droplets)	Weight (lbs)
SUNDAY	AM	<input type="checkbox"/>	_____ lbs
	PM	<input type="checkbox"/>	
MONDAY	AM	<input type="checkbox"/>	_____ lbs
	PM	<input type="checkbox"/>	
TUESDAY	AM	<input type="checkbox"/>	_____ lbs
	PM	<input type="checkbox"/>	
WEDNESDAY	AM	<input type="checkbox"/>	_____ lbs
	PM	<input type="checkbox"/>	
THURSDAY	AM	<input type="checkbox"/>	_____ lbs
	PM	<input type="checkbox"/>	
FRIDAY	AM	<input type="checkbox"/>	_____ lbs
	PM	<input type="checkbox"/>	
SATURDAY	AM	<input type="checkbox"/>	_____ lbs
	PM	<input type="checkbox"/>	