

Your Care Team has calculated your **target weight (TW)**. (Your *target weight (TW)* is how much you should weigh after dialysis takes the extra fluid out of your body. At your *TW*, you have no swelling and your blood pressure is good.) If you eat too many **high fluid foods** or drink too much liquid, it can be hard to reach your *TW*.

Activity 2. Do you know your *TW*? Ask what your *TW* is and write it down. Then you can use this tracker to make sure you do not gain or lose too much fluid between treatments. Track your weight at least ONE (1) week.

- Weigh yourself at the same time every day.
- Write down how much you weigh. (Circle **lbs** for pounds or **kgs** for kilograms.)
- Is your weight HIGHER or LOWER than your *TW*? If it is, write down how much.

YOUR Target Weight (TW): _____ lbs/kgs
(Home dialysis patients should try to reach your *TW* every day.)

YOUR Goal: Gain less than _____ lbs/kgs between treatments.



My TW is 66 kgs. This is how much I should weigh AFTER my dialysis treatment!

Week 1: (month/day/year): _____/_____/_____

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Weight	_____ lbs/kgs	_____ lbs/kgs	_____ lbs/kgs	_____ lbs/kgs	_____ lbs/kgs	_____ lbs/kgs	_____ lbs/kgs
Under/Over TW	_____ lbs/kgs	_____ lbs/kgs	_____ lbs/kgs	_____ lbs/kgs	_____ lbs/kgs	_____ lbs/kgs	_____ lbs/kgs

Week 2: (month/day/year): _____/_____/_____

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Weight	_____ lbs/kgs	_____ lbs/kgs	_____ lbs/kgs	_____ lbs/kgs	_____ lbs/kgs	_____ lbs/kgs	_____ lbs/kgs
Under/Over TW	_____ lbs/kgs	_____ lbs/kgs	_____ lbs/kgs	_____ lbs/kgs	_____ lbs/kgs	_____ lbs/kgs	_____ lbs/kgs



Activity 3. Watch the video “Let’s Talk About... Fluids” and then answer the questions. You can watch the videos on the Internet in English and Spanish:

- English: <https://www.youtube.com/watch?v=2F2mcR-UR0k>
- Spanish: <https://www.youtube.com/watch?v=vdSAa9fzMvg>
- Or you can search the Internet for “Let’s Talk About... Fluids”

Even if you do not watch the videos, you can try to answer the questions!
How much do you know about *fluid management*?

Circle *True* or *False* for each statement.

- | | | |
|--|------|-------|
| 1) Fluid is found in 3 places in your body. | True | False |
| 2) Too much fluid may give you painful cramps. | True | False |
| 3) Too much fluid does not cause swelling. | True | False |
| 4) Too much fluid can stretch your heart. | True | False |
| 5) You might avoid serious health problems if you manage your fluids well. | True | False |

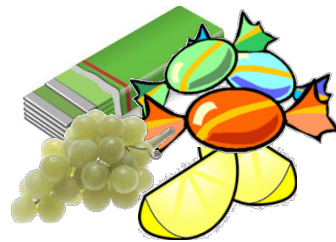
What foods might make you gain too much fluid?

Matching Activity: Help Flo control her thirst

People feel thirsty for a lot of reasons. If you eat too much salt, or if you do not take care of your diabetes, you might feel thirsty. This activity will help you find ways to control your thirst without gaining too much fluid.

Activity 4. Help Flo control her thirst and manage her fluids. Fix Flo’s problem on the left with the idea on the right that will help her feel less thirsty. One is done for you. *Hint: More than one (1) idea may fix Flo’s problem!*

Flo’s lips are dry.



Provide moisture without a lot of fluid.

Flo needs to take her medicine.



A clean mouth feels less dry.

Flo’s mouth is dry.



Keep your lips and mouth moist.

Flo’s recipe calls for salt.



Measures all your liquids.

Flo doesn’t know how much to drink.



Use seasoning that is low in salt or sodium.



Take medicine with applesauce.