IBD height and weight log

It is important that you achieve and maintain a healthy growth and weight pattern to heal properly. That can look different for different people at different stages in their disease. Use these pages to track your height and weight at each visit. Plot these numbers on the growth curves

on the next pages, too. You can also access this information in MyKidsChart. You can also keep track of your disease activity at the time that the weight and height were taken.

date	height	weight	disease activity

date	height	weight	disease activity



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