How to Record Weight

Care Recording · https://cclearninghub.co.uk/docs/how-to-record-weight/

How to Record Weight

This guide explains how to record a new Weight entry for a service user

Takes 2 minutes

For: Care Staff

Updated: 30th June 2026

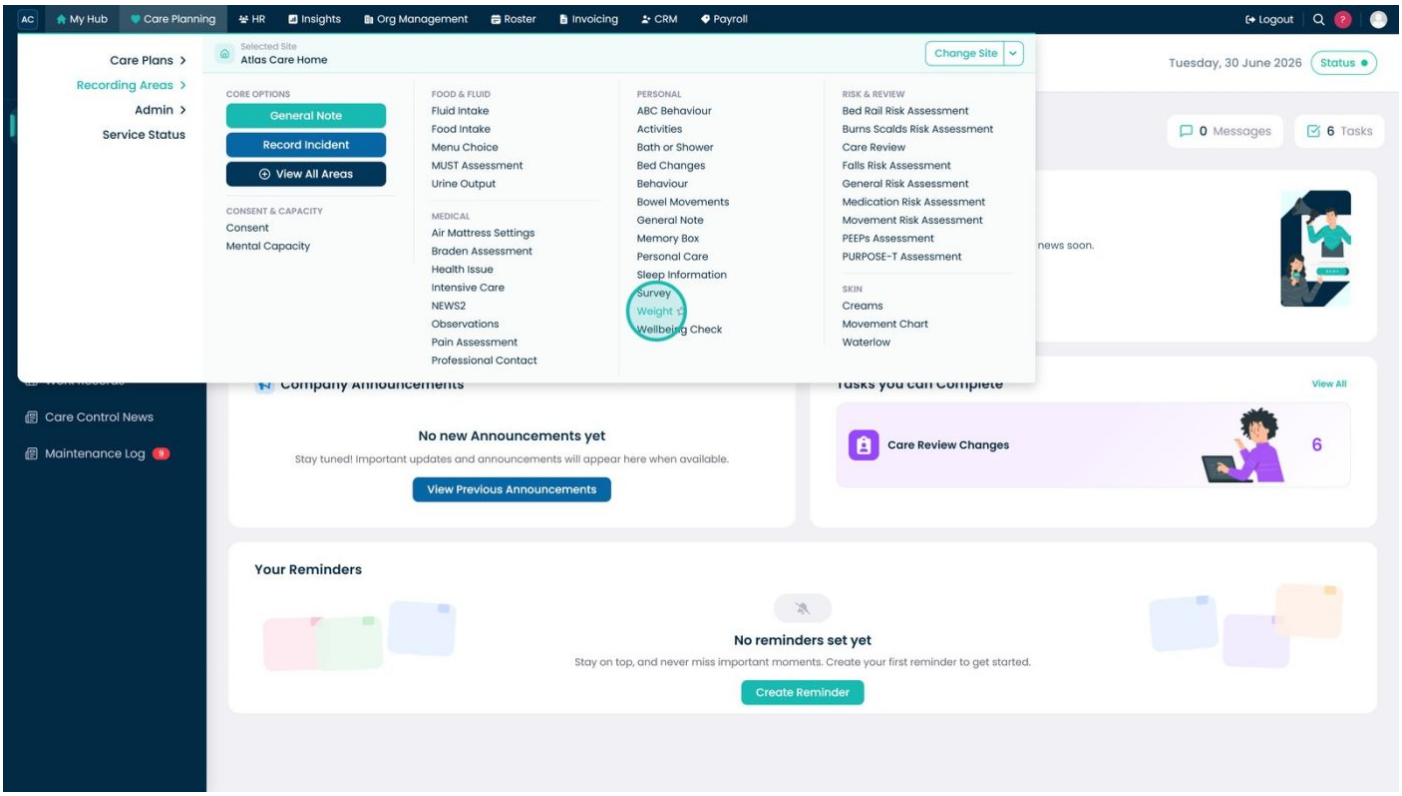
Introduction

The Weight module allows you to record and monitor a service user's weight over time. You can enter measurements using either imperial or metric units, review previous recordings, and link entries to relevant health issues where appropriate.

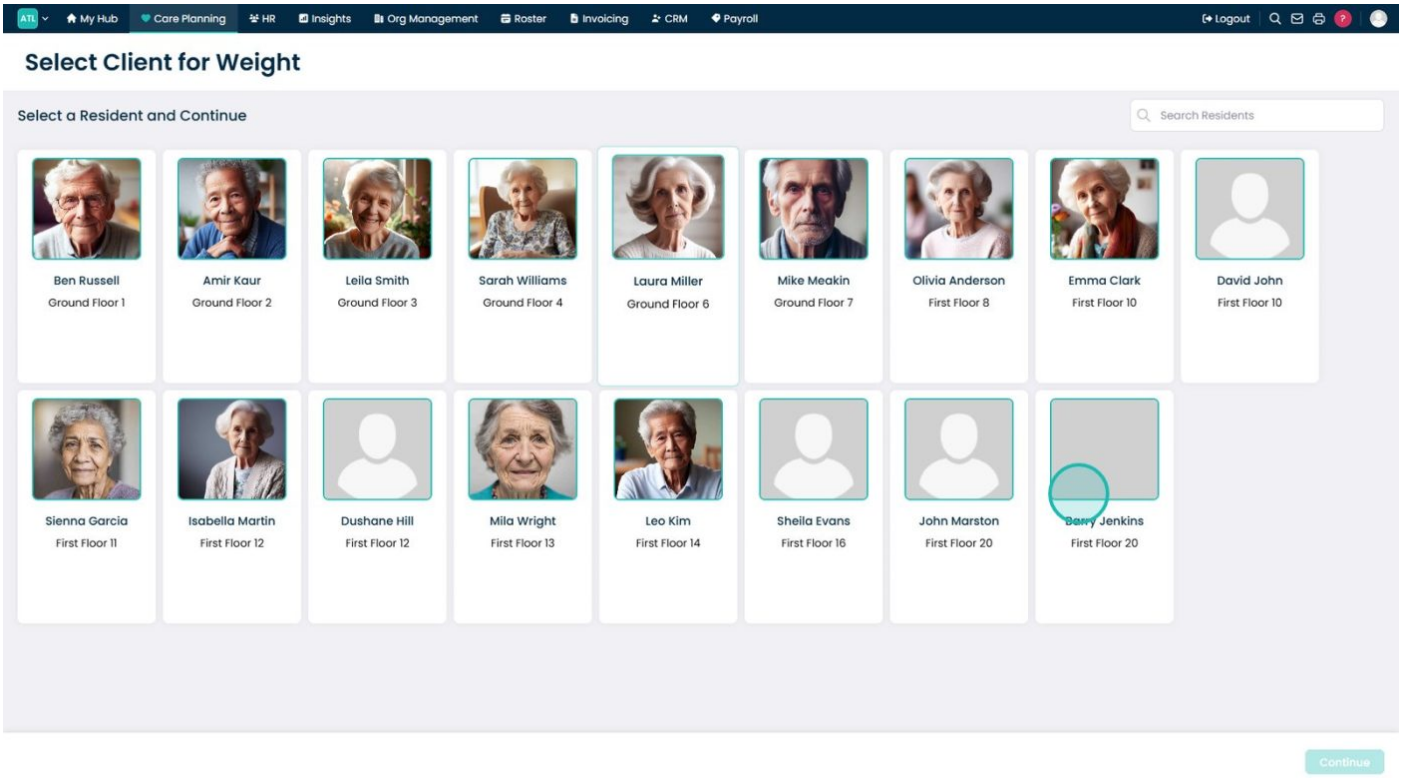
In this guide you'll learn how to:

- Select a service user
- Record a new weight measurement
- Switch between imperial and metric units
- Review previous weight records
- Save the completed weight entry

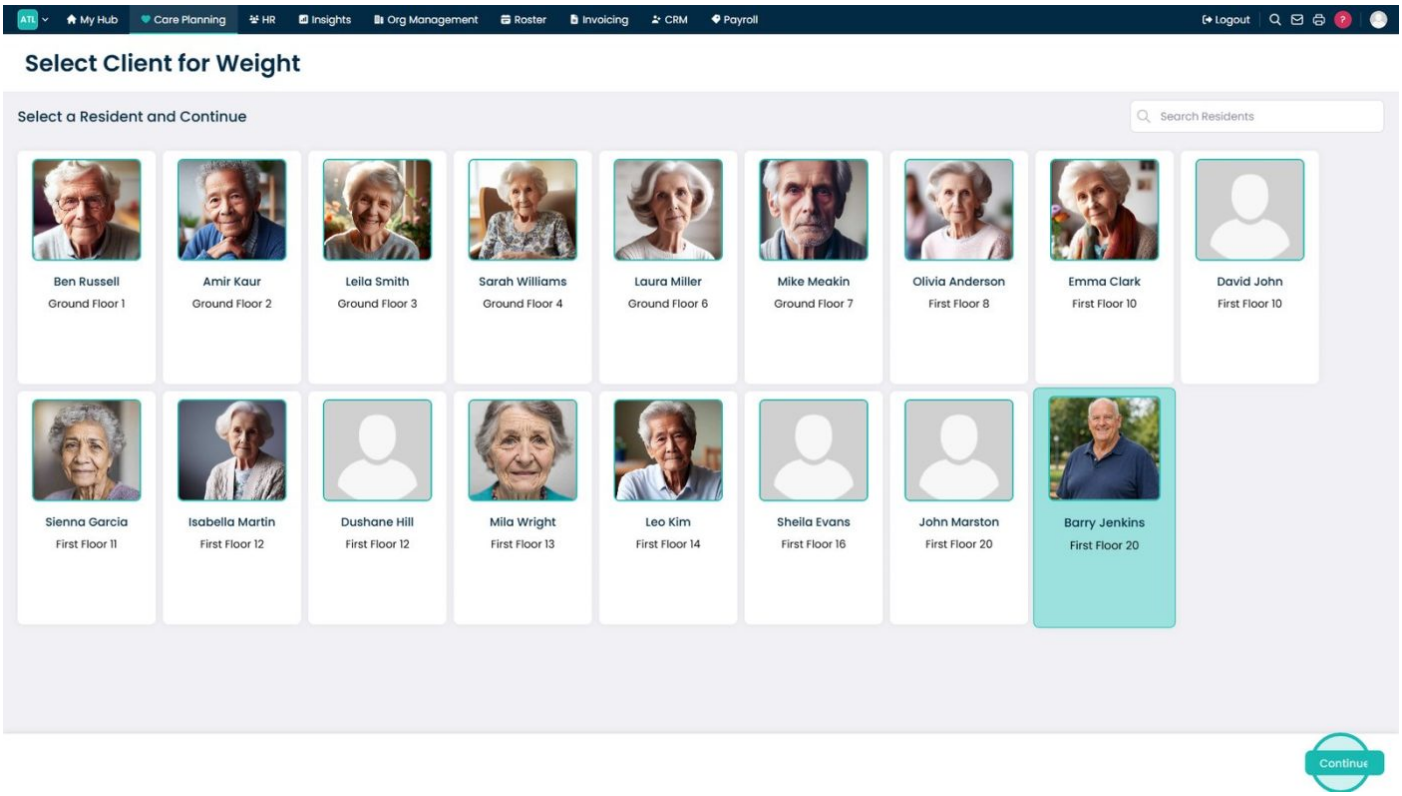
Select Weight under Care Planning.



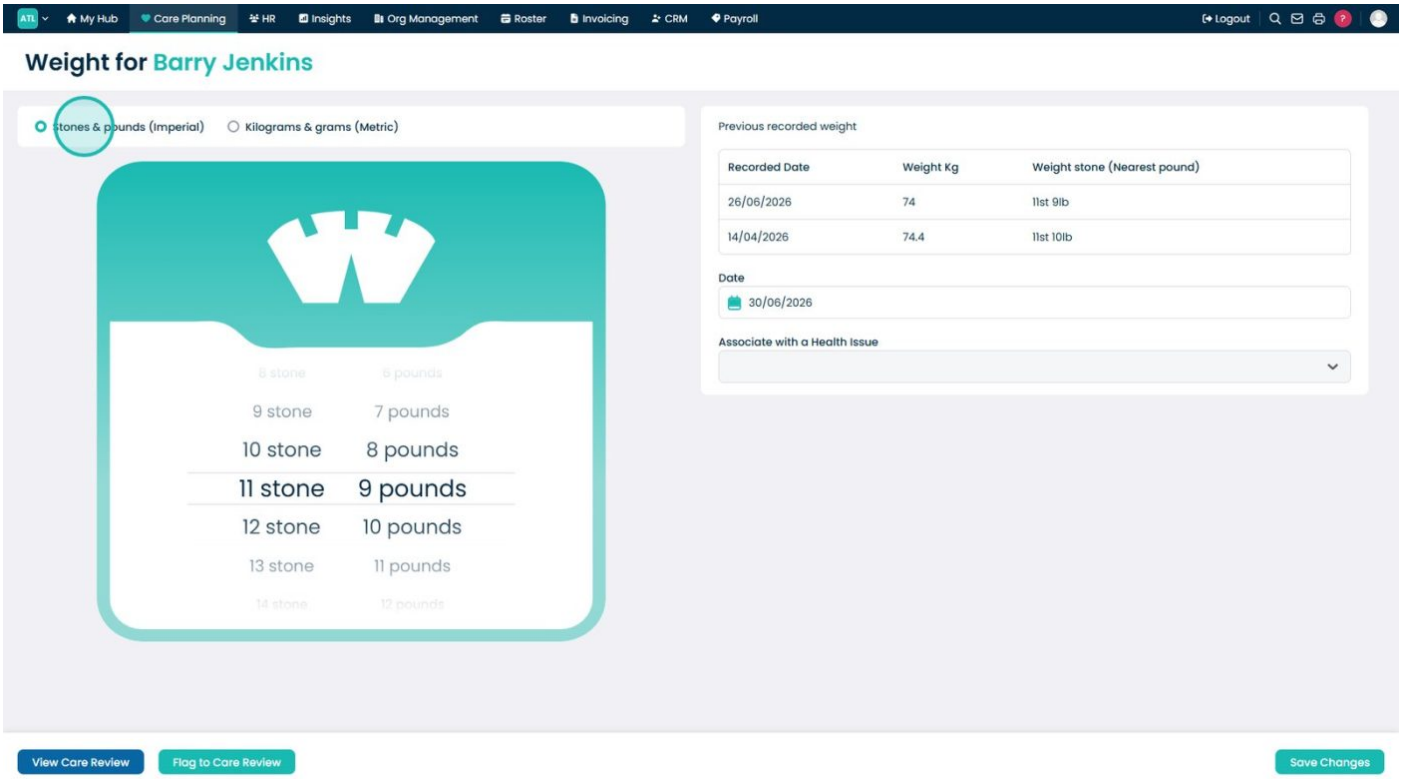
Select the service user you want to record a new weight for.



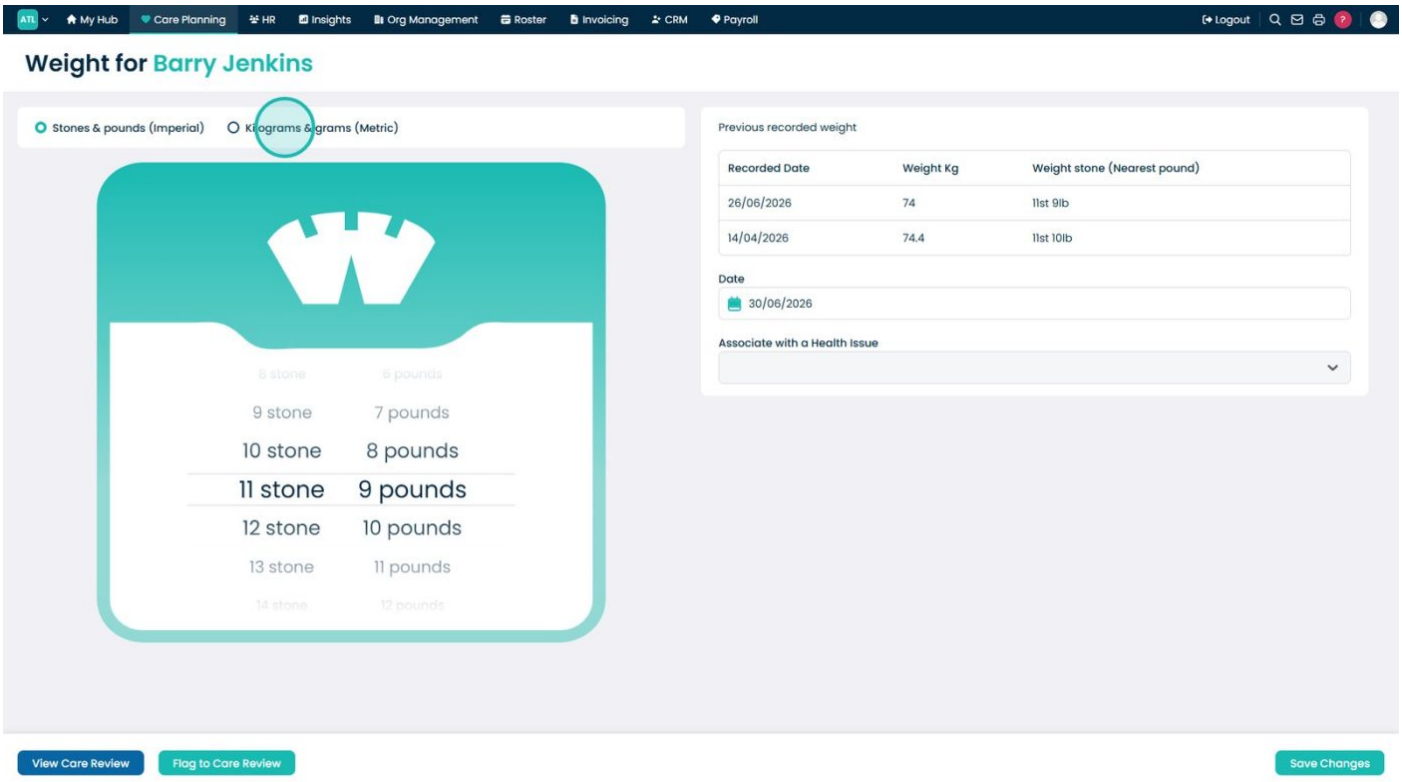
Select Continue.



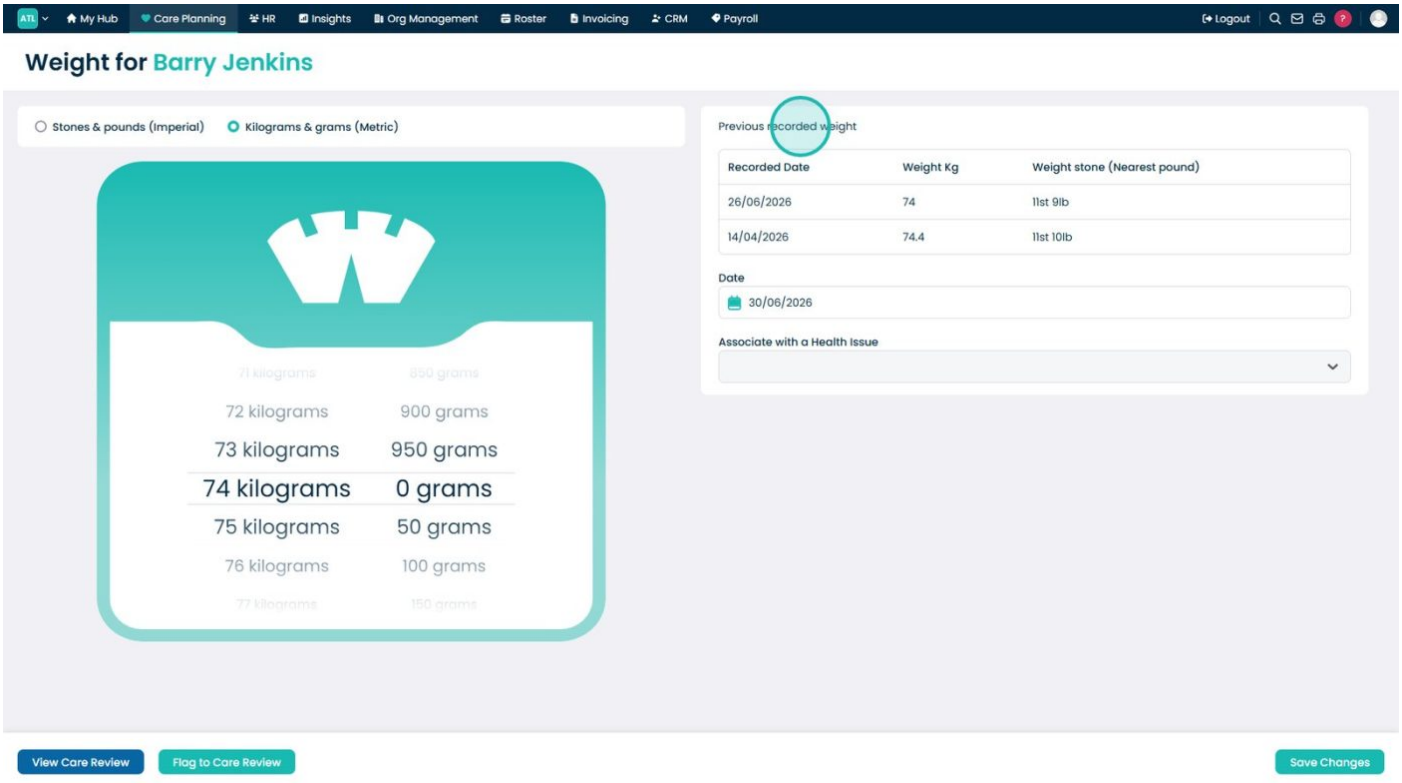
Select Imperial to record the weight using stones and pounds.



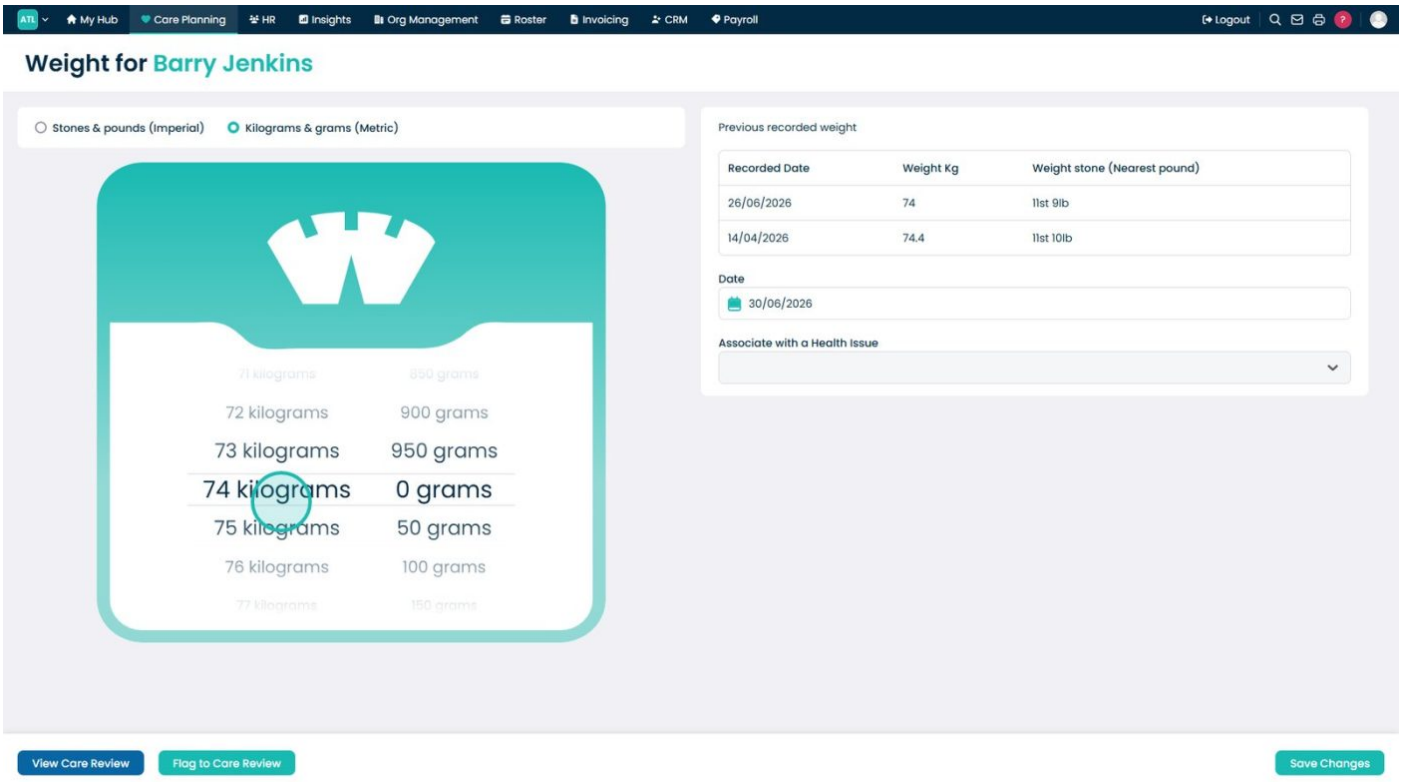
Alternatively, switch to Metric to record the weight in kilograms.



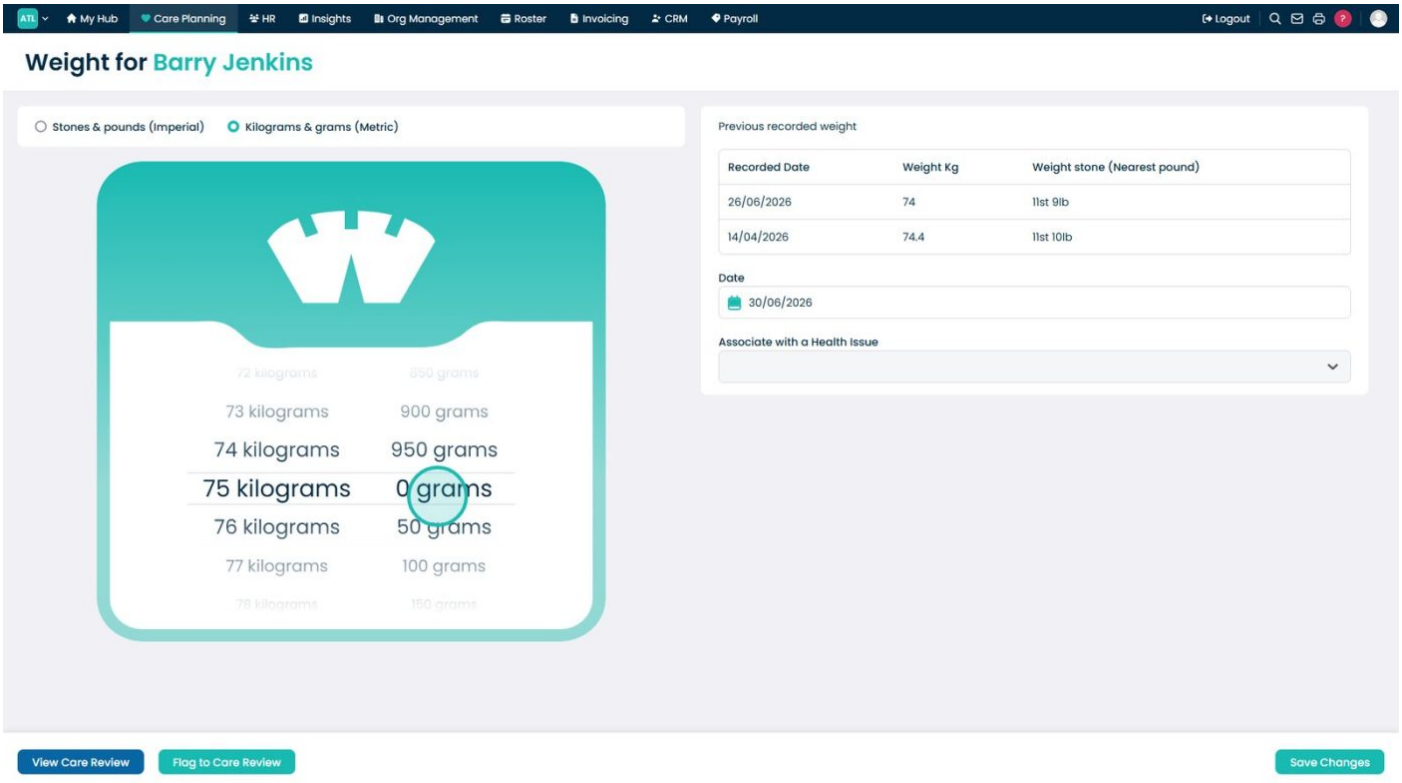
Review previous weight records.



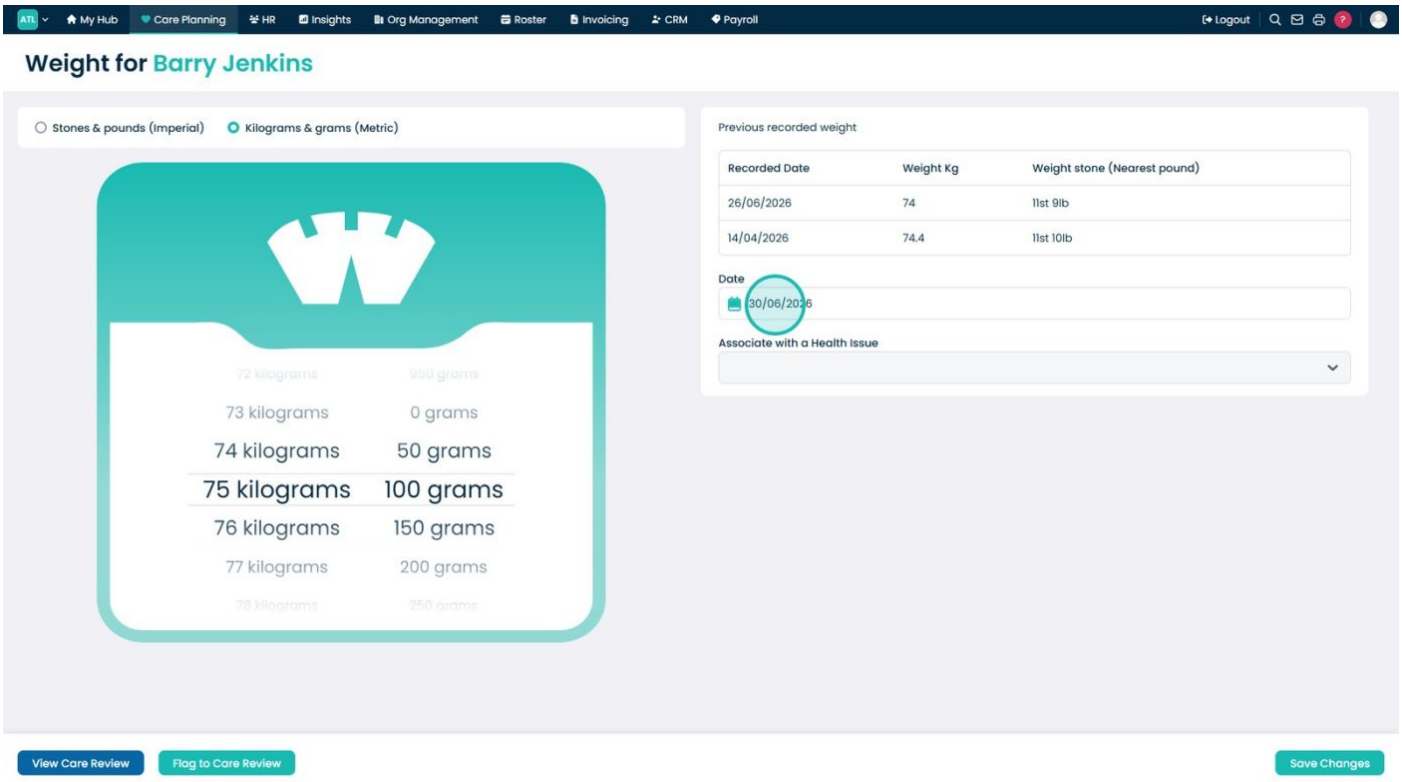
Set the weight using the slider.



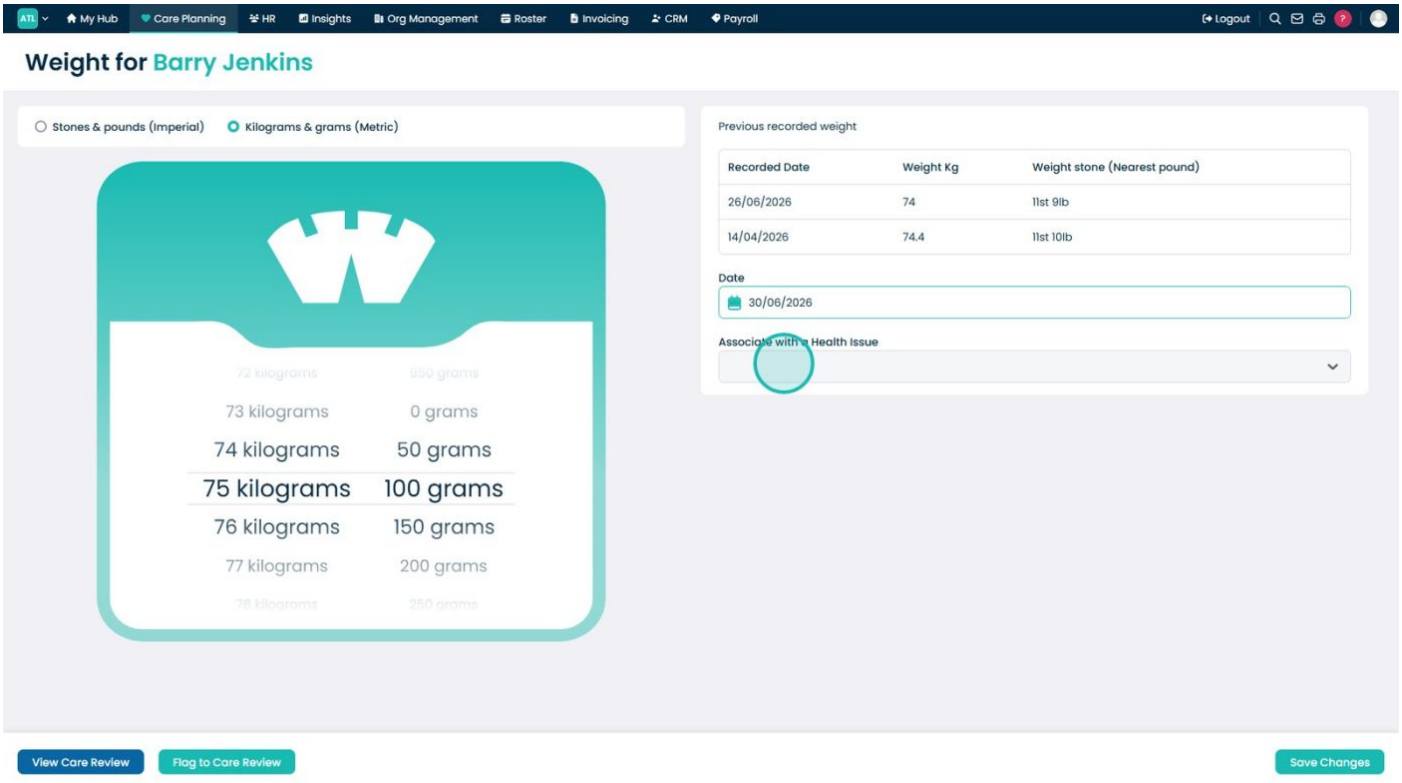
Adjust the grams (or decimal value) for a precise measurement.



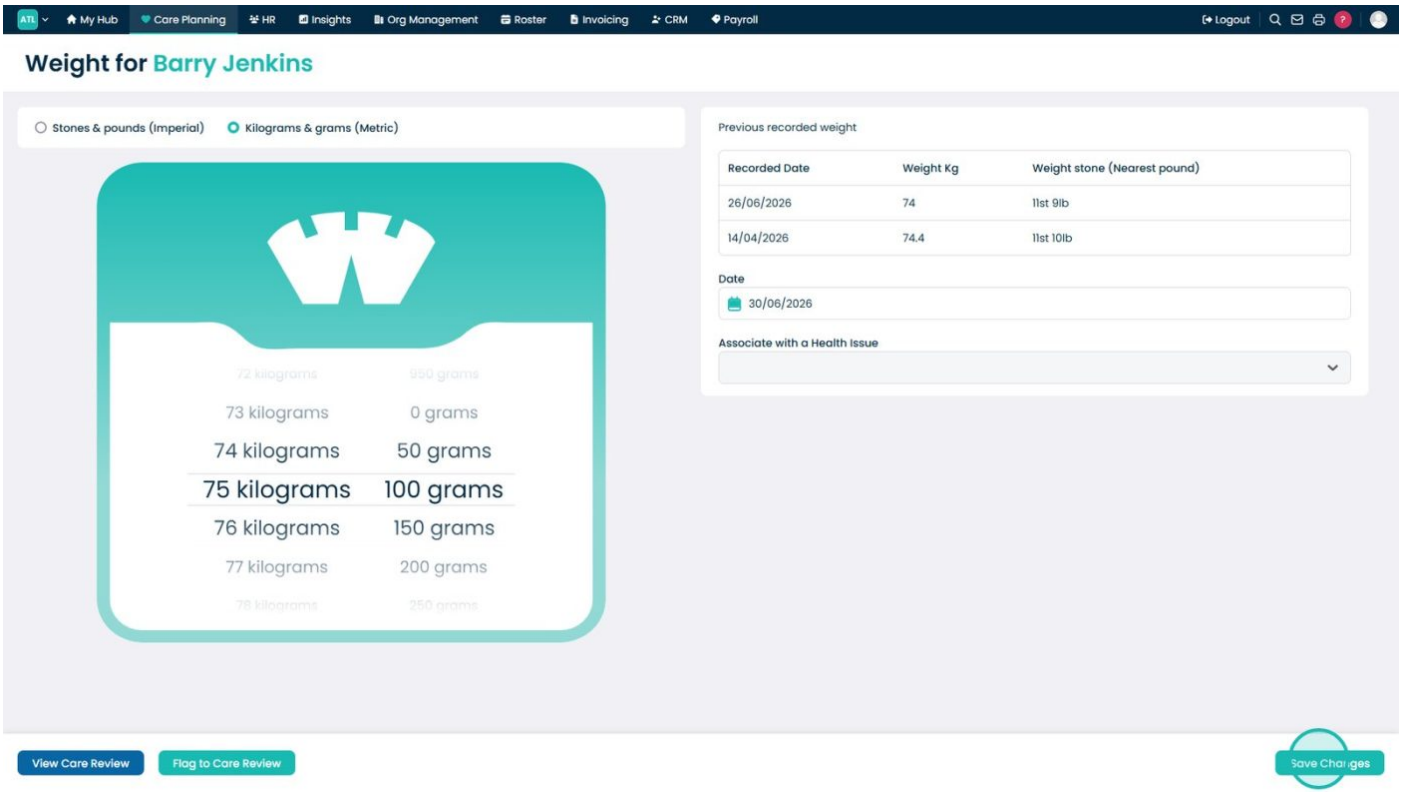
Confirm or adjust the date the weight was recorded.



Optionally, link the weight entry to a relevant health issue.



Select Save Changes to record the new weight.



Top tip

Review previous weight records before entering a new measurement to help identify any significant weight changes or trends.

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