



Primary Care

HEART FAILURE – DAILY WEIGHTS

Why weigh daily?

- A sudden weight gain or steady rise in weight is a warning sign that your body is retaining too much water and salt.
- If your weight does increase quickly follow your provider's directions for getting rid of the excess water.
- Getting rid of excess water helps your heart work better and makes you feel better.

When to weigh?

- Weigh yourself each morning at the same time.
- Weigh after you urinate and before you eat.
- Weigh in the same types of clothes or without wearing clothes.



How to weigh?

- Use the same scale each day. Put it on a hard, flat surface.
- Place the scale near a wall or counter to balance yourself as you get on. Let go before reading your weight.
- If you forget to weigh one day, wait until the next morning to get the most accurate weight.
- Keep this weight chart near the scale and write your weight on the chart as soon as you get off the scale.

When to call your healthcare provider?

- If you gain 2 to 3 pounds (or more) in one day.
- If you gain 5 pounds or more in one week.
- If you are not sure what to do to get rid of the excess water.



How to use this weight chart.

- Fill in the month on the top of the chart.
- Write down your weight each day.
- If you miss a day, leave the space blank. Weigh yourself the next day and write your weight in the next space.
- Keep this weight chart near your scale.
- Take your weight chart with you when you go to see your healthcare provider.

Month:						
S	M	T	W	T	F	S

Month:						
S	M	T	W	T	F	S

Month:						
S	M	T	W	T	F	S

Month:						
S	M	T	W	T	F	S

Month:						
S	M	T	W	T	F	S

Month:						
S	M	T	W	T	F	S