

Monitor Your Weight



Weigh yourself:

- Every morning
- In similar clothing or without clothes
- After urinating
- Before eating
- Use only your home scale: Do not use any other scale to track your weight because scales differ.



Remember:

Write your home weight down **Every Day** on a log/calendar.

Writing it down every day allows you to look back a few weeks to see if you are staying in your weight zone or if you are falling out of your weight zone

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Date:	Date:	Date:	Date:	Date:	Date:	Date:

Weight Management Tool for Heart Failure Patients

Call: VA Nurse Help Line
1-888-838-6446



if your **home weight** falls out of your

Home Target Zone

Date: _____

Your Home Target Weight:

(Home weight at discharge or baseline)



1-888-838-6446

_____ -2
pounds

+ 2 _____
pounds



1-888-838-6446

Water pill: _____

Dose of water pill: _____

Do not use any other scale to track your weight because scales differ.