

# Heart Failure Weight Log

## Why You Need To Weigh Yourself

Your “dry” weight is your goal weight. This is how much you weigh when you do not have extra fluid (water) build-up in your body.

## How To Weigh Yourself

- Weigh yourself every morning:
  - after you go to the bathroom
  - before you eat or drink anything.
- Weigh yourself without clothes.
- Use the same scale.
- Write down your weight every day on the chart below and on the back side of this fact sheet.
- At the end of each week, circle if your weight went up or down that week.

If it went up, see the section “when to call your health care provider” for directions.

- Keep track of your symptoms every day.
- Bring this calendar with you to your clinic or hospital appointments.

## When To Call Your Health Care Provider

It is important to weigh yourself every day to tell if you are gaining water weight.

**Call your health care provider if you gain 3 pounds in one day or 5 pounds or more in one week.**

Health care provider: \_\_\_\_\_

Phone number: \_\_\_\_\_

Month:			
Date	Weight	Symptoms	Weekly weight check
			weight: ↓ or ↑

Date	Weight	Symptoms	Weekly weight check
			weight: ↓ or ↑
			weight: ↓ or ↑
			weight: ↓ or ↑