

Daily Weight Information

Patient Name: _____ Heart Function Clinic or Physician's office: _____

Health Care Provider: _____ Contact phone number: _____

Check Your Weight Every Day

Why

- Checking your weight every day lets you know if your body is retaining fluid.
- Excess fluid build up in your body makes your heart work harder.
- When you report weight gain early to your health care provider, they can help you prevent your heart failure from getting worse. This can help prevent a hospital admission.



If your weight increases by:

- More than 2 kg (4 lb) in two days, or
- More than 2.5 kg (5 lb) in 1 week.



You are retaining fluid.

You should call your health care provider.

For further directions, please refer to '**Heart Failure Zones**' information sheet.

When

- Same time every day
- Preferably before breakfast

How

- After you have emptied your bladder (gone 'pee')
- Wear the same amount of clothing

Record your weight on the calendar below.
(You may prefer to use your own method such as a notebook, a computer.)
Remember to bring your record to your doctor or clinic appointment.

Your ‘Dry Weight’ (when you don’t have excess fluid in your body): _____

Write down your weight each day compare today’s weight to yesterdays weight.

Month _____						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY