

## 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 in the attached calendar.**

(or 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.

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.

Month _____						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday