Heart Failure Daily Weight Log

 Weigh yourself every morning when you get up. Do this after you go to the bathroom and before you take your medicines or get dressed.

Your ideal or *dry weight* is ______.

(Dry weight is what you weigh when your body is not retaining water.)

- If you gain 3 pounds in 1 day OR 5 pounds in 2 days, call your health care provider.
- Check your symptoms every day. Make notes in the columns below.
- Bring this record with you when you visit your health care provider.



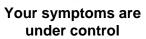
			My Symptoms Today		
Date	Weight	Blood Pressure	Green – OK	Yellow – Warning	Red - Emergency

OK

Warning

Emergency!







Call your health care provider



Call 9-1-1 right away

			My Symptoms Today		
Date	Weight	Blood Pressure	Green – OK	Yellow – Warning	Red - Emergency