

# Keeping track of your weight



## Weigh yourself every day

If you have heart failure, be sure to weigh yourself every day. Your weight goes up if there is extra fluid in your body. This could be a sign of heart failure. Extra fluid can make your heart work harder. It may also cause other problems, such as swelling and breathing trouble.

## How to use your Weight Tracker

- Weigh yourself every morning at the same time. The best time is after you urinate (pee) but before you eat breakfast
- Use the same scale each time
- Place the scale on a hard surface, not on a soft rug
- Write down your weight and the date on the tracker
- Bring your Weight Tracker with you when you visit your doctor

Call your doctor if you gain or lose 2 or more pounds in 1 day, or 4 or more pounds in 1 week

## Weight Tracker

Write down your weight and the date on the tracker every day.

	Sun	
1	6/25	← Date
	160	← Weight

	Sun	Mon	Tues	Wed	Thur	Fri	Sat
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							
16							