

DAILY WEIGHT LOG

INSTRUCTIONS:

- 1.) Weigh yourself first thing each morning, before you have anything to eat or drink.
- 2.) Before you weigh yourself, empty your bladder. Wear the same level of clothing (less is better) each day.
- 3.) Record your weight in this log and track how you feel. Bring this log to your clinic appointments.


MY TARGET WEIGHT IS: _____ (lbs.) _____ (kg)

DATE:	DAY OF WEEK	WEIGHT	Heart Failure Zone: Green, Yellow, Red
_____	Monday		
	Tuesday		
	Wednesday		
	Thursday		
	Friday		
	Saturday		
	Sunday		

DATE:	DAY OF WEEK	WEIGHT	Heart Failure Zone: Green, Yellow, Red
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 <p style="margin: 0;">Call your health care provider if you gain 4 lbs. (2 kg) over 2 days in a row, or if you gain 5 lbs. (2.5 kg) in one week.</p>
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