

# Heart Failure: Tracking Your Weight

**Call your doctor** if you gain 2 pounds in 1 day, or if you gain 3–5 pounds in 1 week. Your doctor will tell you what to do next.

A sudden weight gain or a steady rise in weight is a warning sign that your body is retaining too much water and salt. This could mean your heart failure is getting worse. Weighing yourself each day is the best way to know if you're retaining water. If your weight goes up quickly, call your doctor. You will be given instructions on how to get rid of the excess water. This will help your heart work better.

Month _____		Start Date _____				
<b>S</b>	<b>M</b>	<b>T</b>	<b>W</b>	<b>T</b>	<b>F</b>	<b>S</b>

## Tips for Weighing Yourself

- Weigh yourself at the same time each morning, wearing the same clothes. Weigh yourself after urinating and before eating.
- Use the same scale each day. Put it on a flat, hard surface—not on a rug or carpet.
- Do not stop weighing yourself. If you forget one day, weigh again the next morning.

## How to Use Your Weight Chart

- Keep your weight chart near the scale. Write your weight on the chart as soon as you get off the scale.
- Fill in the month and the start date on the chart. Then write down your weight each day. Your chart will look like this:

Month	<b>August</b>						Start Date	<b>1</b>
<b>S</b>	<b>M</b>	<b>T</b>	<b>W</b>	<b>T</b>	<b>F</b>	<b>S</b>		
	155	154	155	157	157	156		

- If you miss a day, leave the space blank. Weigh yourself the next day and write your weight in the next space.
- Take your weight chart with you when you go to see your doctor.