

# HEART FAILURE DAILY WEIGHT RECORD

## Signs and Symptoms

As heart failure worsens, you may notice some or all of these:

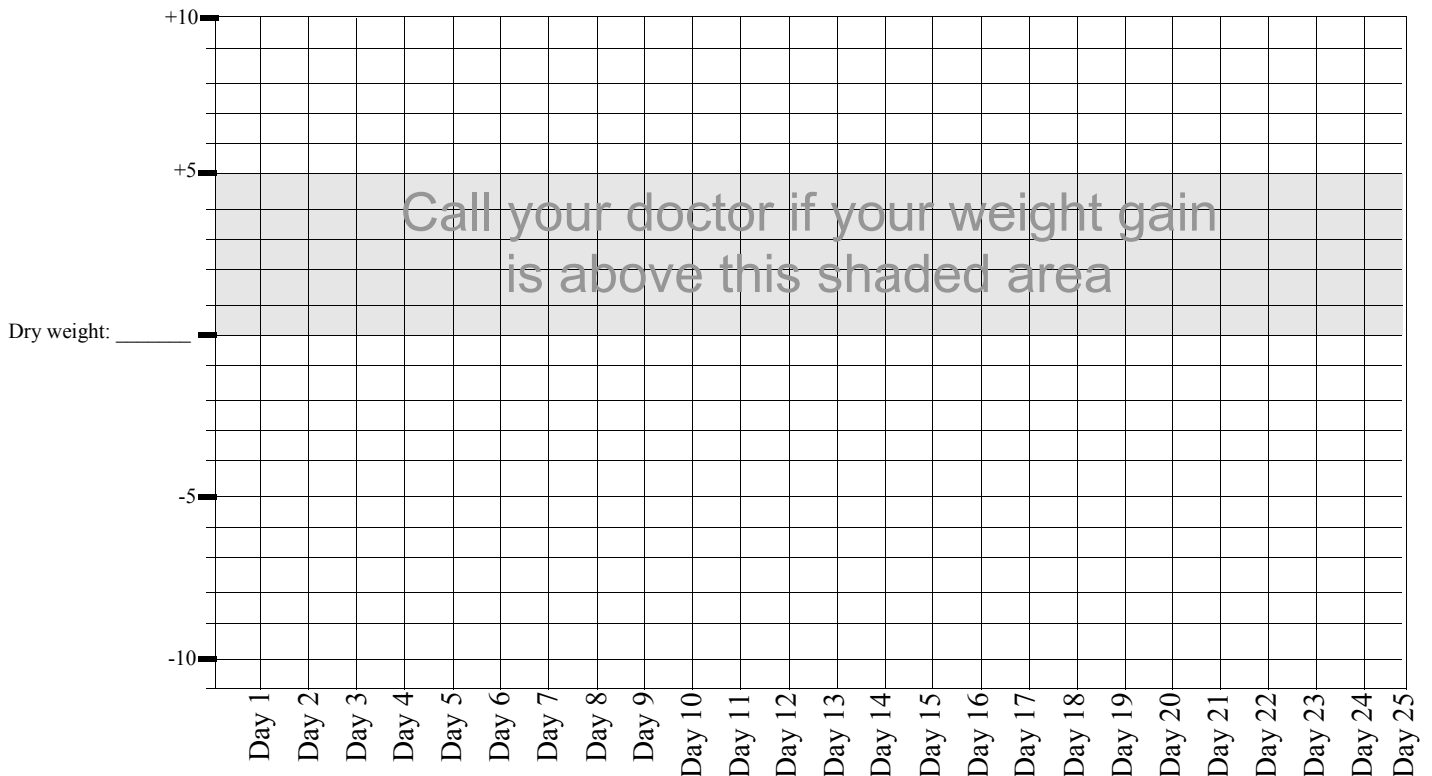
1. A sudden weight gain (2-3 pounds in one day or 3-5 pounds in one week)
2. Swelling of the lower limbs or abdomen
3. Trouble sleeping unless propped up on two or more pillows
4. Shortness of breath
5. Frequent dry, hacking cough without sputum (most often when lying down)
6. Extreme muscle fatigue with very little effort

If you experience these signs and symptoms, notify your physician:

Physician: \_\_\_\_\_ Phone: \_\_\_\_\_

Since sudden weight gain is one major sign of heart failure, it is important to weigh yourself daily and record your weight. Get on the scale first thing in the morning (after you urinate but before you eat). Use this chart to record your daily weight and any symptoms you may notice. Bring this sheet to your clinic visits.

Instructions: Record your dry weight on the appropriate line as indicated. Each light dash mark represents 1 pound; each heavy dash mark represents 5 pounds above or below your dry weight.



Turn over for more weight tables

