

# Heart Failure: Daily Weight Monitoring Log

- Weigh yourself each morning after you wake up and use the bathroom but before you eat or drink anything.
- Use this chart to keep track of your daily weights. Take this chart with you to your doctor appointments.

<b>Month:</b> _____				<b>Start Date:</b> _____		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Month:</b> _____				<b>Start Date:</b> _____		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Month:</b> _____				<b>Start Date:</b> _____		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

**When to call your doctor:**

Call your doctor if you gain three (3) pounds overnight or if you gain five (5) pounds in one week!

