

Daily Weight Diary



Checking your weight is a key factor in monitoring your congestive heart failure symptoms. Weight gain is one of the first signs of retaining fluid. This diary will help you keep track of your weight gain or loss, helping you give your doctor a better report.

Weight at last doctor's visit _____ Date _____

Weight at the end of last month _____ Date _____

Date	Weight	Date	Weight	Date	Weight
1		12		23	
2		13		24	
3		14		25	
4		15		26	
5		16		27	
6		17		28	
7		18		29	
8		19		30	
9		20		31	
10		21			
11		22			

Weigh yourself on the same scale every morning before eating and after urinating. Be sure your scale is on a hard surface - not a rug. Write your weight in this chart. At the beginning of each month, enter your weight from the last day of the previous month at the top of the chart under "weight at the end of last month".



NOTE: If you gain more than two to three pounds in one day or four to five pounds in five days, call your doctor. Bring this Daily Weight Diary with you when you visit your doctors office.