Daily Weight Information

Patient Name: ________________________________  Heart Function Clinic or Physician’s office: _______________

Health Care Provider: __________________________  Contact phone number: _____________________________

Check Your Weight Every Day

Why:
- Checking your weight every day lets you know if your body is retaining fluid.
- Excess fluid build up in your body makes your heart work harder.
- When you report weight gain early to your health care provider, they can help you prevent your heart failure from getting worse. This can help prevent a hospital admission.

If your weight increases by:

- More than 2 kg (4 lb) in two days, or You are retaining fluid.
- More than 2.5 kg (5 lb) in 1 week You should call your health care provider.

For further directions, please refer to ‘Heart Failure Zones’ information sheet.

When:
- Same time every day
- Preferably before breakfast

How:
- After you have emptied your bladder (gone ‘pee’)
- Wear the same amount of clothing

Record your weight in the attached calendar.
(or You may prefer to use your own method such as a notebook, a computer.)
Remember to bring your record to your doctor or clinic appointment.

Updated: January 2012. For more information on heart failure, go to www.bcheartfailure.ca.
The information in this document is intended solely for the person to whom it was given by the healthcare team.
Your ‘Dry Weight’ (when you don’t have excess fluid in your body): ____________________

Write down your weight each day and compare today’s weight to yesterday’s weight.
If your weight increases by:
- More than 2 kg (4 lb) in two days, or ____________ You are retaining fluid.
- More than 2.5 kg (5 lb) in one week ____________ You should call your health care provider.

<table>
<thead>
<tr>
<th>Month ________________</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday</td>
</tr>
<tr>
<td>---------</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
</tbody>
</table>

Updated: January 2012. For more information on heart failure, go to www.bcheartfailure.ca.
The information in this document is intended solely for the person to whom it was given by the healthcare team.