




Your Heart Failure Daily Tracker




Use the calendar on the next page to circle how you feel, record your weight, and write down any symptoms you might have or your blood pressure. There is space for you to track this information each day. Print out several pages so that you have a sheet for each month.

Bring the pages you've filled out and a list of all your medications with you to each visit.

Example of one day filled out:

Month of August 2022

Monday	
  	<u>1</u>
<u>255</u> lbs	
Other: <u>Felt very tired.</u>	
<u>BP 130/89</u>	




































	Good
	OK
	Not so great

Helpful Hints When Taking Daily Weights

- The best time to weigh yourself is in the morning
- Use the same scale each time
- Some people find it easier to use a digital scale; if your vision is impaired, there are scales that talk to you
- Step on the scale:
 - After emptying your bladder
 - Before eating breakfast
 - Wearing similar weight clothing to other days

Month of _____

Name: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 _____ lbs Other: _____ _____	 _____ lbs Other: _____ _____	 _____ lbs Other: _____ _____	 _____ lbs Other: _____ _____	 _____ lbs Other: _____ _____	 _____ lbs Other: _____ _____	 _____ lbs Other: _____ _____
 _____ lbs Other: _____ _____	 _____ lbs Other: _____ _____	 _____ lbs Other: _____ _____	 _____ lbs Other: _____ _____	 _____ lbs Other: _____ _____	 _____ lbs Other: _____ _____	 _____ lbs Other: _____ _____
 _____ lbs Other: _____ _____	 _____ lbs Other: _____ _____	 _____ lbs Other: _____ _____	 _____ lbs Other: _____ _____	 _____ lbs Other: _____ _____	 _____ lbs Other: _____ _____	 _____ lbs Other: _____ _____
 _____ lbs Other: _____ _____	 _____ lbs Other: _____ _____	 _____ lbs Other: _____ _____	 _____ lbs Other: _____ _____	 _____ lbs Other: _____ _____	 _____ lbs Other: _____ _____	 _____ lbs Other: _____ _____
 _____ lbs Other: _____ _____	 _____ lbs Other: _____ _____	 _____ lbs Other: _____ _____	 _____ lbs Other: _____ _____	 _____ lbs Other: _____ _____	 _____ lbs Other: _____ _____	 _____ lbs Other: _____ _____