

Daily Weight Checks

Quick Tips

Stepping on the scale each morning, when you first wake up and before eating breakfast, is a key part of caring for your heart. Why?

When you have heart failure, your body has a hard time getting rid of salt and water (“congestion” = congestive heart failure). A gallon of water weighs about 9 pounds (4 kg). Your body can easily hide a half gallon of fluid in your belly or in your legs without obvious swelling. **So sudden weight gain can be a red flag that fluid is building up in your body.**

Rapid weight gain may be the first sign that your heart failure is getting worse, sometimes before you notice any swelling or start feeling badly. Tracking your weight from one day to the next can tell you if this might be happening.

Daily weight checks can help you:

- Manage your heart failure
- Know if your treatment plan is working or not
- Stay out of the hospital

In addition to rapid weight gain, look for:



Any swelling, especially in your legs or feet



Signs that you are more short of breath or tired than usual



Call your healthcare provider right away if you gain 3 pounds or more in a 24-hour period, or more than 5 pounds in one week.



Use the calendar on the next page to record your daily weight.

Helpful hints for daily weight checks:

- The best time to weigh yourself is in the morning
- Use the same scale



- Step on the scale:
 - After emptying your bladder
 - Before eating breakfast
 - Wearing similar weight clothing to other days
- Keep track of your weight in some way

MONTH: _____

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

What I most want to ask about or focus on when it comes to daily weight checks:
