




































# My Daily Heart Failure Tracker

NAME: \_\_\_\_\_

Use this calendar to record your weight and circle how you feel each day.  
Bring this tracker and a list of all your medications with you to each visit.

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

## Helpful Hints:

- 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

-  Good
-  OK
-  Not so great