

My Daily Weight Tracker



MY ACTION PLAN FOR HEART FAILURE • CardioSmart.org

Name: _____

Mark any upcoming appointments and be sure to bring this tracker with you.

Month: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<input type="checkbox"/> _____ lbs	<input type="checkbox"/> _____ lbs	<input type="checkbox"/> _____ lbs	<input type="checkbox"/> _____ lbs	<input type="checkbox"/> _____ lbs	<input type="checkbox"/> _____ lbs	<input type="checkbox"/> _____ lbs
<input type="checkbox"/> _____ lbs	<input type="checkbox"/> _____ lbs	<input type="checkbox"/> _____ lbs	<input type="checkbox"/> _____ lbs	<input type="checkbox"/> _____ lbs	<input type="checkbox"/> _____ lbs	<input type="checkbox"/> _____ lbs
<input type="checkbox"/> _____ lbs	<input type="checkbox"/> _____ lbs	<input type="checkbox"/> _____ lbs	<input type="checkbox"/> _____ lbs	<input type="checkbox"/> _____ lbs	<input type="checkbox"/> _____ lbs	<input type="checkbox"/> _____ lbs
<input type="checkbox"/> _____ lbs	<input type="checkbox"/> _____ lbs	<input type="checkbox"/> _____ lbs	<input type="checkbox"/> _____ lbs	<input type="checkbox"/> _____ lbs	<input type="checkbox"/> _____ lbs	<input type="checkbox"/> _____ lbs
<input type="checkbox"/> _____ lbs	<input type="checkbox"/> _____ lbs	<input type="checkbox"/> _____ lbs	<input type="checkbox"/> _____ lbs	<input type="checkbox"/> _____ lbs	<input type="checkbox"/> _____ lbs	<input type="checkbox"/> _____ lbs

Helpful Hints:

- The best time to weigh yourself is in the morning
- Use the same scale each time
- Step on the scale:
 - After emptying your bladder
 - Before eating breakfast
 - Wearing similar weight clothing to other days