

Daily Heart Failure (CHF) Weight Tracker

Use this tracker to record your daily weight and symptoms. Daily monitoring can help you notice changes that may be related to fluid retention.

How to use this tracker

Weigh yourself at about the same time each morning, preferably after using the bathroom and before breakfast. Use the same scale and similar clothing each day. Follow the weight and symptom instructions given to you by your healthcare team.

Day / Date	Weight	Swelling	Breathing	Notes / Symptoms
1. _____	_____ lb	None / Mild / More	Usual / Harder	
2. _____	_____ lb	None / Mild / More	Usual / Harder	
3. _____	_____ lb	None / Mild / More	Usual / Harder	
4. _____	_____ lb	None / Mild / More	Usual / Harder	
5. _____	_____ lb	None / Mild / More	Usual / Harder	
6. _____	_____ lb	None / Mild / More	Usual / Harder	
7. _____	_____ lb	None / Mild / More	Usual / Harder	
8. _____	_____ lb	None / Mild / More	Usual / Harder	
9. _____	_____ lb	None / Mild / More	Usual / Harder	
10. _____	_____ lb	None / Mild / More	Usual / Harder	
11. _____	_____ lb	None / Mild / More	Usual / Harder	
12. _____	_____ lb	None / Mild / More	Usual / Harder	
13. _____	_____ lb	None / Mild / More	Usual / Harder	
14. _____	_____ lb	None / Mild / More	Usual / Harder	

When should I call my healthcare team?

A sudden increase in weight can be a sign of fluid retention. The American Heart Association notes that many heart failure care plans use a gain of about 2-3 pounds in one day or 5 pounds in a week as a reason to contact the healthcare team. Your personal instructions may be different, so always follow the plan provided by your healthcare professional.

Seek emergency care for severe difficulty breathing, chest pain, fainting, or other symptoms that may represent a medical emergency.

My healthcare team's instructions:

Call if my weight reaches: _____

Call if I gain: _____ pounds in _____ day(s)

Healthcare team phone number: _____

Sources: American Heart Association, Managing Heart Failure Symptoms; National Heart, Lung, and Blood Institute, Living With Heart Failure.

For educational purposes only. This tracker does not replace individualized medical advice, diagnosis, treatment, or instructions from your healthcare provider.