

WEIGHT CHART
(for Heart Failure patients)

It is important to weigh yourself every day. Do it first thing in the morning, after emptying your bladder, before breakfast and with minimal clothing weight. Record your weight below.

Call your doctor if you gain more than 2 lbs (1kg) in two days, or 5 lbs (2.5kg) in one week.

Month: _____ Name: _____
Target Weight: _____

Day	Weight	Comments
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