Weight and Symptom Log for Heart Failure

What to do:

- Weigh yourself every morning, after voiding, before eating, and wearing the same amount of clothing. Check any symptoms you have that day.
- Notify your nurse of doctor if you have more than a 2-pound weight gain in one day or if you have a 3-5-pound weight gain in 5 days.
- Bring this record with you to each visit with the doctor or nurse.

Date	Weight	Comments/Symptoms: