Doylestown Health

Daily Weight

Heart failure may cause you to have fluid build-up in your legs, ankles, feet, lungs or abdomen. By recording daily weights, it is easier for you to see any increase in fluid.

Weigh yourself first thing every morning after urinating, but before eating or drinking. Record your weights and remember that it is best to weigh yourself without clothes or with the same amount of clothes each time. Place your scale on a flat surface with no carpet.

Call your doctor if you gain 2-3 lbs in 24 hours or 5 lbs in one week. Use a weight log to record the date and your weight every single morning

Daily Weight Chart

Name: _____ Month: _____

Day	Weight

Day	Weight