**Keep Track of Your Weight**

*Unexplained weight gain is a warning sign your treatment for heart failure may not be working as well as it has been. Calling your doctor when you first notice a weight gain may help prevent trips to the emergency room or stays in the hospital.*

**What to do:**

1. Make extra copies of this blank calendar

before writing on it.

1. Weigh yourself when you get up in the morning.

Weigh yourself after urinating, but before breakfast.

Use the same scale and wear the same amount

of clothing. Record your weight every day in the

calendar below.

1. Also, record any changes in your current symptoms

or any new symptoms you notice. Make a note of

what activity you were doing when you noticed the

changed or new symptom.

Month \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| Sunday | | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | |
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