



Your Daily Weight Record

It is important to weigh yourself every day. A sudden weight gain may mean that your body is retaining (holding on to) extra fluid.

This extra fluid makes it harder for your heart to work well.

Weigh yourself each morning

- At the same time
- After urinating
- Before dressing
- Before eating breakfast

Write down your weight each day and compare it to your baseline (starting) weight.

Call your doctor's office if you gain more than 2 pounds in one day or 5 pounds in one week.

Keeping a close watch on your weight can help your doctor/nurse control your heart health and adjust your medications.

