HEART FAILURE OUTPATIENT MONITORING AND EDUCATION

Heart Failure Weight and Symptom Record

Weigh yourself daily in the morning after emptying your bladder and before eating.
Call your physician if you gain more than 2 pounds in a day or more than 5 pounds in a week and if your symptoms worsen. **Baseline/Starting Weight:** _____

Date	Weight	Change in Weight +/-	Swelling	Fatigue	Shortness of Breath	Activities Limited	Notes