

Heart failure weight tracker

Why is weight important in heart failure?

Extra weight isn't just a known risk for heart disease. It may be a sign that your body is retaining fluid—what your doctor may call “volume overload.”¹ If you have heart failure, your heart isn't pumping blood as well as it should. You may feel short of breath. That's because fluid builds up in and around your lungs. Fluid can also collect in other parts of your body, causing swelling of the feet, legs, or abdomen. Fluid buildup can also result in rapid weight gain. A sudden gain of more than 2 to 3 pounds in a day or 5 pounds over a week could mean that there's too much fluid in your body. That's why it's important to weigh yourself every morning on the same scale when you wake up. Make sure you're wearing similar clothing every time, and write down your weight every day.² The weight tracker below can help you keep it all in one place—just put it by your scale to make it easy to write it down every morning.

Track your weight every day

	Sunday (date/lb)	Monday (date/lb)	Tuesday (date/lb)	Wednesday (date/lb)	Thursday (date/lb)	Friday (date/lb)	Saturday (date/lb)
Example	6/25 180	6/26 181	6/27 180	6/28 179	6/29 179	6/30 180	6/31 181
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							

Call your doctor about any sudden weight gain or loss.

References: **1.** Yancy CW, Jessup M, Bozkurt B, et al. 2013 ACCF/AHA guideline for the management of heart failure. *J Am Coll Cardiol.* 2013;62(16):e147-e239. **2.** Heart failure—fluids and diuretics. <http://www.nlm.nih.gov/medlineplus/ency/patientinstructions/000112.htm>. MedLine Plus website. Updated August 12, 2014. Accessed August 28, 2015.

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PP-BDL-US-0096