

## DAILY WEIGHT CALENDAR

♥ **Weigh yourself every morning** after you urinate and before you have breakfast. Record your weight on this calendar. Your bathroom scale can be your best friend!

Month \_\_\_\_\_

Sun	Mon	Tue	Wed	Thu	Fri	Sat

♥ **Watch out for these danger signs** of worsening heart failure – a three pound weight gain over two days or a five pound weight gain over a week, more fatigue, more shortness of breath, a new cough at night, awakening short of breath at night or more swelling in your legs. **If you have these signs, contact your physician or nurse.**

♥ **Remember, you can help yourself to feel better and stay out of the hospital** by weighing yourself daily, staying away from salt, taking your medications as your doctor tells you, and trying to stay as physically active as possible.

♥ **Please bring this calendar with you** whenever you have an office visit.

♥ **My physician's name and telephone number** \_\_\_\_\_

♥ **My nurse's name and telephone number** \_\_\_\_\_